



**MENTAL HEALTH  
FIRST AID®**  
Australia

# Teen Mental Health First Aid

The Teen Mental Health First Aid course teaches students how to provide initial peer-to-peer support to a friend or classmate who may be experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves.

Students learn about the signs and symptoms of common mental health problems in adolescents, how to recognise and respond to an emerging or worsening mental health problem, and the interventions and supports available.



## Intervene early

Recognise the warning signs of mental health problems in a friend or classmate.



## Offer support

Learn the skills to have an open, supportive conversation about mental health.



## Respond in a crisis

Respond across a range of crisis situations where a friend or classmate may be at risk of harm.



## Reduce stigma

Reduce stigma and increase support for a friend or classmate experiencing and living with mental health problems.

## Course content

Students learn how to:

- recognise when a friend or classmate is developing a mental health problem
- have a supportive conversation
- identify signs of a crisis such as suicidal thoughts
- know when and how to seek the support of a trusted adult.

The learning is supported by videos that tell the lived experience stories of teens who have experienced mental illness.

## Why attend a Mental Health First Aid training course?



## Improve knowledge

Evaluations consistently show that by attending a course, participants improve their knowledge of mental illnesses, their treatments and appropriate first aid strategies.



## Improve confidence

Course participants report improved confidence in providing initial support to peers.

## Duration & format



3 x face-to-face  
classroom sessions

**Anyone can have a conversation that may save a life.  
Everyone should know how.**



### All sessions are led by a Mental Health First Aid Australia trained and Licensed Instructor

Mental Health First Aid courses are delivered by a national network of more than 3,000 trained and Licensed Instructors. Schools or community groups can find a Licensed Instructor to deliver private training in-house or at an agreed venue.



### Learning Outcomes

Upon completion of this course participants will be able to:

- Recognise the signs and symptoms of mental health problems commonly experienced in young people
- Know when and how to seek the support of a trusted adult
- Use an evidence-based action plan to initiate a mental health first aid conversation
- Assess for a range of crisis situations and provide initial support
- Understand the prevalence and impact of mental illnesses, risk factors and treatments and supports available
- Know the barriers to help seeking and how to overcome these



**Teen Mental Health First Aid training puts young people, and the adults in their lives, at the centre of their own mental health support network, by giving them the skills and knowledge to help those who may not be travelling so well.**



### Eligibility and delivery

Suitable for secondary school students in Years 7-9 and 10-12. It can also be delivered in other settings such as sports clubs, scouts, and guides.

The course must be delivered to the entire cohort of students (for example, the whole Year 10 cohort). Teen MHFA can only be delivered when a minimum of 10% of the supporting adults (e.g. school staff, volunteers, etc) have completed Youth MHFA training. This helps to ensure trained Mental Health First Aiders are available to support students.



This course is recognised by Suicide Prevention Australia as a safe, high-quality, and effective suicide prevention program.



### Take the next step

Visit our Teen MHFA course page at: [mhfa.com.au](https://mhfa.com.au) OR contact us at: [schools@mhfa.com.au](mailto:schools@mhfa.com.au) to discuss your training needs.