



TMF Training Solutions

TMF Training Solutions delivers MHFA courses as authored by Mental Health First Aid Australia, with experienced and accredited MHFA Principal Master Instructors

teen Mental Health First Aid

(3 x 75minute program delivery)



Course Content

Young people learn the teen MHFA Action Plan, as well as information about:

- ✓ different types of mental health problems and mental health crisis situations in young people
- ✓ the relationship between thoughts, feelings and behaviours that indicate that there might be a mental health problem

The course also covers mental health crisis situations including:

- ✓ suicidal thoughts and behaviours
- ✓ non-suicidal self-injury
- ✓ intoxication
- ✓ bullying and abuse

The teen MHFA program teaches young people how to provide mental health first aid to their friends.

The course was developed in response to research indicating that young people have a preference for sharing problems with peers. The course curriculum is evidence-based, informed by a study undertaken to determine the best actions a young person can undertake to support a peer with a mental health problem.

Our aim is to provide every young person with the skills they need to assist a friend. To ensure program equity and effectiveness the program is provided to the entire year group.

The teen MHFA program is taught to young people aged 12 – 14 years and aged 15 – 18 in settings where Youth MHFA training has been conducted for those staff/supervising adults within the setting.

This course does not teach or encourage students to offer each other counselling of any kind or try to handle these problems alone. Diagnosis and treatment are the responsibility of properly trained mental health professional. Rather, students are taught to seek help from a trusted adult who can get their friend this kind of help as soon as possible.



**MENTAL
HEALTH
FIRST AID**
Australia

Our approach at TMF Training Solutions helps young people and adults to learn about mental health problems and mental health crises and how to respond to them in a safe, inclusive and friendly environment.

For a confidential discussion regarding Youth or teen Mental Health First Aid Training for your school, organisation, or community group please contact our training team:

E: MHFA@tmftrainingsolutions.com.au

M: 0407 198 363