# TEEN MENTAL HEALTH FIRST AID

In a 2020 survey conducted by BBYO to better understand teen mental health needs, **79 percent of teens shared that they turn to their friends** for support when feeling stressed, anxious, or experiencing challenges. This tells us that teens are overwhelmingly seeking out their peers in difficult times, and that their peers, in turn, have tremendous opportunity to intervene.

To address this, BBYO will be engaging teens as Peer Advocates so that they can recognize red flags and know what to do when they see them. Utilizing **Teen Mental Health First Aid (tMHFA)**, BBYO will be assembling a group of teens who can identify early warning signs and know where to turn for help for themselves and their peers. This in-person training program will equip teens with the knowledge and skills to foster their own wellness, support their peers, and deepen their learning with experts in the field of adolescent mental health and resiliency.

## TOPICS COVERED

- Common signs and symptoms of mental illness and substance use

- Common signs and symptoms of a mental health crisis

- How to talk to friends about mental illnesses and addiction

- The impact of school violence and bullying on mental health

- How to get help for friends and seek the help of a responsible and trusted adult

# LAUNCHING TEEN MENTAL HEALTH FIRST AID (TMHFA) IN BBYO

BBYO has selected four regions to launch tMHFA this fall, beginning with Michigan Region on October 20 and Great Midwest Region (GMR) on October 21. The program will then continue with South Jersey Region and Liberty Region in November 2021.

The Michigan tMHFA program will be meeting for 90 minutes in-person on Wednesday evenings for three weeks. The GMR tMHFA program will be meeting for 90 minutes in-person on Thursday evenings for three weeks.

Additional information and an application link can be found **here**. If you have additional questions, please contact **Drew Fidler**, Director, BBYO Center for Adolescent Wellness, or **Ari Handel**, BBYO's Director of Inclusion.