

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

BECOMING A TEEN MENTAL HEALTH FIRST AIDER

- Trainings will be held virtually in January
- The first January cohort will meet for three consecutive weeks on Tuesday evenings: January 4th, 11th, and 18th
- The second cohort will meet for three consecutive weeks on Thursday evenings: January 6th, 13th, and 20th
- All meetings are 90 minutes long
- 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.

