

DYNAMIC DECISIONS

teen Mental Health First Aid (tMHFA)

“teen Mental Health First Aid teaches high school students how to identify, understand and respond to signs of mental illnesses and substance use disorders among their friends and peers. The training gives students the skills to have supportive conversations with their friends and get a responsible and trusted adult to take over as necessary.”

“The course will teach students how to apply the teen MHFA Action Plan to help a friend:

- Look for warning signs.
- Ask how they are.
- Listen up.
- Help them connect with an adult.
- [Know] your friendship is important”

According to the National Council for Behavioral Health:

- “1 in 5 teens has had a serious mental health disorder at some point in their life.
- 50% of all mental illnesses begin by age 14,
- Suicide is the second leading cause of death for year-olds.”

Mental Health First Aid (2020). Why teen mental health first aid? *Teen Mental Health First Aid*. Retrieved from https://www.mentalhealthfirstaid.org/wp-content/uploads/2020/05/031920_tMHFA_GeneralOnePager_v5.pdf.

Even though this is a program designed for high school, your HOSA chapter believes it is vital for middle school students also. You now have 20 minutes to prepare and 5 minutes to present a case to school administration (judges) for why this program is needed at your school too.