OVER
4 MILLION TRAINED
WORLDWIDE

Teen-to-Teen Mental Health First Aid
A 4.5 HOUR ONLINE TRAINING FOR TEENS SUPPORTING TEENS

THIS EVIDENCE- BASED COURSE IS IDEAL FOR TEENS WHO WANT TO BETTER UNDERSTAND MENTAL HEALTH & HOW TO SUPPORT A FRIEND WHO MAY BE STRUGGLING.

Identify. Understand. Respond.

This program recognizes that teens prefer sharing their problems with other teens. This training empowers teens to support others while keeping themselves safe.

THE ROLE OF A MENTAL HEALTH FIRST AIDER:
An informal first responder who can identify and respond to a friend who is:
- Showing early warning signs that they're becoming unwell
- Currently struggling with their mental health
- Experiencing a mental health crisis

This is NOT a training that:
- Teaches teens how to counsel or diagnose
- Expects teens to handle their problems alone

MENTAL HEALTH TOPICS COVERED:
- Depression
- Anxiety
- Eating disorders
- Addiction
- Impact of social media

MENTAL HEALTH CRISES COVERED:
- Suicidal thoughts
- Self-harm
- Panic attacks

COURSE OUTLINE:

Mental Health Literacy:
- Understanding mental health vs. mental illness
- The relationship between thoughts, feelings, and behaviors
- Recognizing the sign of mental health problems or mental health crisis
- Building self-care

The MHFA Action Plan:
- How to Respond
- Getting the appropriate help

Putting it into Practice:
- Small group role plays

MENTAL HEALTH FIRST AID
UNITED ARAB EMIRATES

This training is open to residents of the UAE only.

AGE FOR TRAINING
16 – 18 years old
Attendees must know an adult who is an accredited Mental Health First Aider (parent, teacher, school counselor)

COURSE DATE
Saturday, October 7th, 2023

TIMINGS
11am - 3.30pm (4.5 hours of instruction)

INVESTMENT
AED 475 per person + 5% VAT

COURSE MATERIAL & CERTIFICATE
The course manual must be collected from The LightHouse Arabia before the online training (e-manuals are not permitted).

E-certificates will be e-mailed to participants upon completion of the course.

REGISTRATION LINK:
lighthousearabia.com/events

For more information, please contact Anna White:
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