



# Teen-to-Teen Mental Health First Aid

## A 4.5 HOUR 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 CRISSES 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 signs 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



**This is a Free training for teens, fully sponsored by LG Gulf.**



### Age for training

**13 – 15 years old** (residents of the UAE)

### Date & Time

**Sunday, 15<sup>th</sup> February, 2026**  
**1pm - 5.30pm** (4.5 hours of instruction)

### Location

In-person at **The LightHouse Arabia**  
821 Al Wasl Rd, Al Safa 2, Dubai

### Course Material & Certificate

**A course manual will be provided.**

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

*\*Kindly note, photography and videography will take place during the session and may be used for marketing, communications, and social media purposes by the sponsor, LG Gulf, and The LightHouse Arabia.*

### Registration Link:

[lighthousearabia.com/events](http://lighthousearabia.com/events)

For any questions, please contact:

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