



In-person **Adult-to-Adolescent** Mental Health First Aid

THIS EVIDENCE-BASED COURSE IS IDEAL FOR ADULTS WHO WANT TO UNDERSTAND AND SUPPORT MENTAL HEALTH DIFFICULTIES IN YOUNG PEOPLE.

Would you be able to identify the signs if a child or teenager was struggling with depression or anxiety? How would you respond if you knew a child or teen was suicidal or having a panic attack?

Mental Health First Aid is the equivalent to physical first-aid training, but for mental health. It is a powerful toolkit that teaches you how to recognize and respond to signs of mental illness. No prior knowledge of mental health is required for you to learn these skills.



Learn a little, help a lot.

A MENTAL HEALTH FIRST-AIDER LEARNS HOW TO IDENTIFY & RESPOND TO:

- Early warning signs of an emerging mental health issue
- An existing mental health illness
- Mental health crises

THIS COURSE IS SUITABLE FOR PARENTS, TEACHERS, SCHOOL ADMINISTRATORS, SPORTS COACHES & HEALTHCARE PROVIDERS.

It is ideal for anyone interacting with adolescents (12 - 18 yrs old), though also relevant for those helping kids a little younger or older.

You will learn how to respond to youth struggling with:

- DEPRESSION
- ANXIETY
- SUBSTANCE USE/ ADDICTION
- EATING DISORDERS

MENTAL HEALTH CRISIS SITUATIONS COVERED:

- Suicidal thoughts
- Non-suicidal self-injury (i.e. self-harm)
- Panic attacks
- Trauma
- Severe effects of drugs or alcohol
- Aggressive behaviors

COURSE DATES

(A 2-PART COURSE):

**Wednesday, 25th &
Thursday, 26th November 2026**

TIMINGS

9:30am - 2:30pm (10 hrs of instruction)

LOCATION

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

INVESTMENT

AED 1,595 per person + 5% VAT

COURSE MATERIALS & ACCREDITATION

A course manual and resource pack will be provided.

Participants who successfully complete the training will become accredited Mental Health First Aiders (accreditation valid for three (3) years).

Pre-Registration required:

lighthousearabia.com/events

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The training is delivered by clinicians from The LightHouse Arabia, who have received their education and training in the USA, UK, Europe, South Africa and Australia. All have extensive experience in working with individuals and groups on a wide variety of mental health issues.



**MENTAL
HEALTH
FIRST AID**
UNITED ARAB EMIRATES®

*The LightHouse Arabia is
the only accredited provider for
MHFA training in the U.A.E.*

SCHEDULE

SESSION ONE - DAY 1

Section 1

MENTAL HEALTH LITERACY

- Prevalence rates
- Early detection and intervention
- Defining mental health and mental illness
- Risk factors for poor mental health
- Adolescent brain development
- Warning signs

Section 2

HOW TO RESPOND

- Mindset Meter
- The A.L.G.E.E. Action Plan

LUNCH

Section 3

UNDERSTAND, IDENTIFY & PRACTICE RESPONDING

- Depression in adolescents
- Small group role plays
- Mental Health Crisis: Suicidal thoughts or behaviors

SESSION TWO - DAY 2

Section 4

ANXIETY

- Identifying and understanding signs of anxiety in adolescents
- Small group role plays
- Mental Health Crisis: Panic Attacks, Non-Suicidal Self-Injury, and the After-Effects of Trauma

Section 5

EATING DISORDERS

- Identifying and understanding signs of eating disorders in adolescents

LUNCH

Section 6

ADDICTION

- Identifying and understanding signs of addiction in adolescents
- Mental Health Crisis: The Severe Effects of Substance Abuse
- Summary of Course & Accreditation Exam instructions

