

teen MENTAL HEALTH FIRST AID FOR LGBTQ+ AND ALLIES

WHY teen MENTAL HEALTH FIRST AID?

teen Mental Health First Aid (tMHFA) teaches teens in grades 10-12, or ages 15-18, how to identify, understand and respond to signs of mental health and substance use challenges in their friends and peers.

45%

of LGBTQ+ youth seriously considered attempting suicide in the past year.

Source: Trevor Project

60%

of LGBTQ youth who wanted mental health care in the past year were not able to access it.

Source: Trevor Project

69%

of LGBTQ+ youth reported feeling persistently sad and hopeless, while only 35% of heterosexual youth reported the same.

Source: Trevor Project

WHAT IT COVERS

- Common signs and symptoms of mental health and substance use challenges.
- Common signs and symptoms of a mental health crisis, particularly suicide.
- The impact of school violence and bullying on mental health.
- How to open the conversation about mental illnesses and substance use with friends.
- How to seek the help of a responsible and trusted adult.

WHO TAKES OR TEACHES tMHFA?

- Teens in grades 10, 11 and 12 or ages 15-18
- High schools, organizations partnering with a high school and youth-serving organizations are eligible to teach tMHFA.

Class Information (3 Sessions)

When:

Session 1: April 11 from 6:30-8:00 PM
Session 2: April 18 from 6:30-8:00 PM
Session 3: April 25 from 6:30-8:00 PM

Where:

Envision Partnerships
2935 Hamilton-Mason Road, Hamilton, OH 45011
Drinks and snacks will be provided

Register today!



If you are a teen who identifies as LGBTQ+ or an ally who supports them, let us know you are interested in taking this class <https://form.jotform.com/240714724279157>