

teen Mental Health First Aid Training

Learn how to support a friend or classmate with the evidence-based teen Mental Health First Aid (tMHFA) training. Be prepared to provide support for your peers as well as better cope with mental health challenges yourself. tMHFA teaches teens ages 14-18, how to identify, understand and respond to signs of mental health and substance use challenges.

In the training, you'll learn:

- 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 illness and substance use with friends.
- How to seek the help of a responsible and trusted adult.

Each session is 90 minutes and taken consecutively.

Next Training Series:

- Session #1 - Wednesday, Sept. 18, 2024 from 4 - 5:30 p.m.
- Session #2 - Wednesday, Sept. 25, 2024 from 4 - 5:30 p.m.
- Session #3 - Wednesday, Oct. 2, 2024 from 4 - 5:30 p.m.

tMHFA was brought to the United States by the National Council for Mental Wellbeing in partnership with Born This Way Foundation and is tailored to the unique experiences and needs of young people. Its plain language ensures learners at all reading levels can easily follow along.

Certificate will be available upon completion of all three (3) 90-minute sessions. Space is limited.



Scan the QR code to register



@allcovebeachcities

(310) 374-5706

allcove Beach Cities

**Located at Beach Cities Health District
514 N. Prospect Avenue, 4th floor
Redondo Beach, CA 90277**

current hours

**Tuesday – Friday
1 – 7 p.m.
Saturday
10 a.m. – 2 p.m.**

Visit allcove.org/beach-cities for more information.