



TEEN MENTAL HEALTH FIRST AID



HEY TEENS!

Join Maria Suarez (she/her), our Community Teen Director, for an amazing training session called Teen Mental Health First Aid (tMHFA).

This program, brought to you by the National Council for Mental Wellbeing in partnership with the Born This Way Foundation, is all about empowering you to help your friends when they need it most.

In just three 90-minute sessions, you'll learn how to:

- Spot common signs and symptoms of mental health and substance use challenges.
- Recognize when a friend might be in crisis, especially when it comes to serious stuff like suicide.
- Understand the impact of school violence and bullying on mental health.
- Start conversations about mental health and substance use with your friends.
- Find the right adult to help when things get tough.

Whether you're in grades 9-12 or aged 14-18, this training is for you. It's not just important—it's super fun and interactive! Let's learn how to support each other and make a difference. See you there!



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

TO LEARN MORE OR SIGN UP
SCAN THE QR CODE



Questions?
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#bethedifference