

PULSE CHECK 101

PRESENTS

TEEN MENTAL HEALTH FIRST AID

Teen Mental Health First Aid is a skill-based training that teaches teens ages 15-18 skills for providing initial help to a friend who may be experiencing a mental health or substance use challenge.

tMHFA 5 Step Action Plan

-  **LOOK** for warning signs **1**
-  **ASK** how they are **2**
-  **LISTEN UP** **3**
-  **HELP** them connect with an adult **4**
-  **YOUR FRIENDSHIP** is important **5**

teen Mental Health First Aid

\$1,979.00

tMHFA is 4.5 hr certified training and is instructed by a certified tMHFA Instructor.

Youth must be 15-18 years old.

The training is delivered in (3) 90-min sessions and must be completed within 1-2 weeks.

This training is delivered to an entire grade level at a School or an entire youth group at a youth organization.

Price reflects training for up to 20 teens.



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