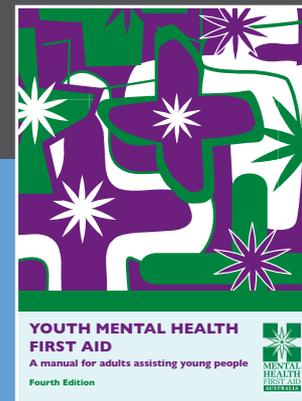
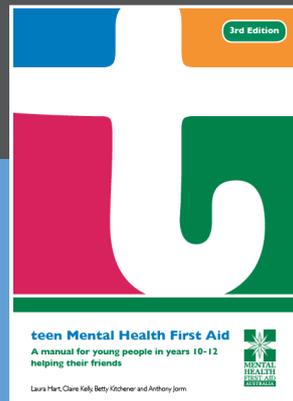
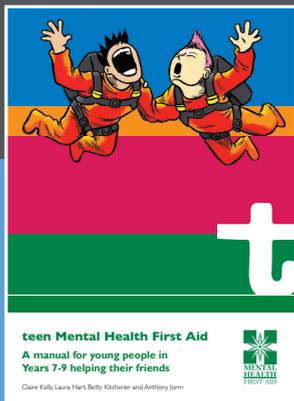


*This training package aims to build upon existing mental health literacy programs within high school communities*

Youth and teen Mental Health First Aid courses, implemented together, can improve the capacity of the whole school to respond early and effectively when a young person is developing a mental health problem or experiencing a mental health crisis.



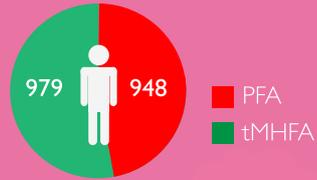
Our Youth Mental Health First Aid course is designed for adults who interact with adolescents and can equip responsible adults to recognise and respond to mental health problems, refer a young person to professional help if needed and provide ongoing support without taking on the role of a counsellor.

teen Mental Health First Aid is a shorter course designed to help young people recognise when their friends are in need of help. The focus is on getting a responsible and trusted adult involved as quickly as possible.

# teen MHFA: results from a cluster-randomised crossover evaluation study

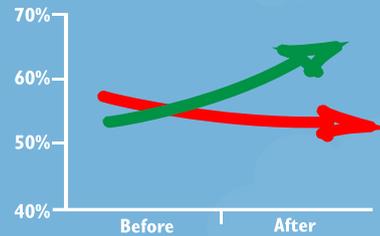
## NUMBER OF STUDENTS

A total of 1942 year 10 students in 4 schools over 2 school years were trained in either tMHFA or physical first aid (PFA). Of these, 1116 completed evaluation surveys before and after the training.



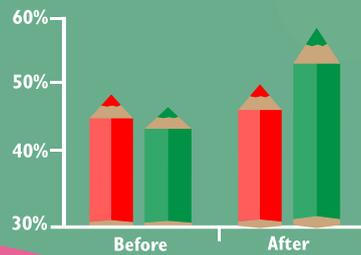
## CONFIDENCE IN HELPING A PEER WITH A MENTAL HEALTH PROBLEM

Students reported increased confidence in helping a friend with a mental health problem. Pre-training 52.2% reported 'quite confident' or 'extremely confident' vs 64.9% at post-training. Students who received PFA: 58.4% before vs 52.3% after.



## RECOGNITION OF SOCIAL PHOBIA/ANXIETY DISORDER

Students who received tMHFA were three times more likely to report the correct label after their training than students receiving PFA. Correct recognition of social phobia/anxiety disorder: 45% before vs 58.2% after.



3 sessions of teen MHFA were compared with 3 sessions of physical first aid

I. Hart LM, Morgan AJ, Rossetto A, Kelly CM, Mackinnon A, Jorm AF. Helping adolescents to better support their peers with a mental health problem: A cluster-randomised crossover trial of teen Mental Health First Aid Australia & New Zealand *Journal of Psychiatry*. 2018.



# Responding to developing mental health problems is an important issue in schools

Mental illnesses often start in adolescence or early adulthood and it is important to **detect problems early** to ensure the young person receives appropriate treatment and support for their mental health problem

Within the 14-hour Youth MHFA Course, responsible adults will learn about adolescent development and the signs and symptoms of mental health problems, where and how to get help and what sort of help has been shown by research to be effective. This course is evidence-based and covers common mental health problems affecting young people and associated crises including thoughts of suicide and non-suicidal self-injury. Delivery format is flexible and course participants receive a copy of the Youth MHFA manual to keep and are eligible to become an accredited Mental Health First Aider.

You can find your local MHFA Instructor by visiting our website and contacting them directly to arrange a course for your school community.

*School staff need to be trained in Youth MHFA in order for teen MHFA courses to be conducted for years 7-9 and 10-12 students in your high school.*



In recognition that young people have a preference for sharing problems with peers, the teen MHFA Course teaches high school students how to provide mental health first aid to their friends.

The teen MHFA course curriculum was developed using an expert consensus method. Experts in youth mental health and mental health education, as well as young people who had experienced mental illness in high school, contributed their expertise. This course focuses on the pattern of thoughts, feelings and behaviours that show there might be a problem rather than focusing on specific illnesses.



This course does not teach or encourage students to offer each other counselling of any kind, or to try to handle these problems alone. Diagnosis and treatment are the responsibility of properly trained mental health professionals. Rather, students are taught to seek help of a trusted adult who can get their friend this kind of help as soon as possible.



Students learn how to:

- Recognise the signs of a developing mental health problem
- Recognise the signs of a mental health crisis, particularly suicide
- Get a responsible and trusted adult to take over as necessary

This course is delivered across 3 interactive classroom sessions of 75 minutes each. The course has specifically been designed to engage these age groups. Course participants receive a copy of the teen MHFA Manual and a Certificate of Completion.

## Become an Instructor to deliver these courses in your school community

The Youth MHFA Instructor Training Course is conducted by two trainers over 5.5 days and accredits successful applicants to conduct the 14-hour YMHFA Course.

The teen MHFA Instructor Training Course is delivered over 4 days by one trainer. Suitable candidates need to partner with a Youth MHFA Instructor before applying.

