

# Want to learn how to support other teens?



[bit.ly/PPMMtMHFA](https://bit.ly/PPMMtMHFA)

**Youth ages 14-18:** Register for teen Mental Health First Aid (tMHFA) training (evidence-based)!

Learn how to identify, understand, and safely respond to signs of mental health and substance abuse challenges among your peers.

- Must complete 30-minutes of pre-work & attend all three Zoom sessions to receive tMHFA Certificate.
- Zoom-based trainings offered in 2024!



## August Trainings

August 5,7,9 5:00pm-6:30pm

August 13,15,20 4:30pm-6:00pm

## September Trainings

September 5,10,12 4:00pm-5:30pm

September 16,18,20 4:30pm-6:00pm

### You'll learn how to:

- Understand the impact of school violence and bullying on mental health
- Talk about mental health and substance use with friends using the tMHFA Action Plan ("Look, Ask, Listen, Help Your Friend")
- Seek the help of a trusted adult if a peer needs support