

About

Mental Health First Aid (MHFA) is a national public education program that introduces participants to risk factors and warning signs of mental health and substance use conditions. It has been proven to increase participants' understanding of early interventions and familiarity with common supports.

In addition to the standard Adult MHFA course, Youth MHFA is for adults who regularly interact with young people. Youth MHFA trains people on how to help adolescents (age 12-18) who are experiencing a mental health or substance use challenge or are in crisis. Teen MHFA is a complementary training that teaches teens in grades 10-12, or ages 15-18, how to identify, understand, and respond to signs of mental health and substance use challenges among their friends and peers. The training gives teens the skills to have supportive conversations with their friends and teaches them how to get help from a responsible and trusted adult.

Impact

More than [2.5 million](#) people have been trained in MHFA Nationally by more than 15,000 instructors. In Colorado, 85,508 people have been trained in Mental Health First Aid by more than 800 instructors. Mental Health First Aid Colorado continues to contribute to this growth through our robust statewide network of training coordinators and instructors. MHFACO continues to provide grant funding for training provided to underserved populations.

Ask

MHFACO is seeking \$52,800 to train 16 school-based representatives in Teen Mental Health First Aid.

- This funding will cover the 3-day instructor training and provide each instructor with 125 Teen MHFA manuals. The manuals will allow them to jump start their training by alleviating out-of-pocket costs.
- Developing new school-based instructors will allow more Colorado youth to access Teen MHFA trainings.
- Teen MHFA trainings will improve youth mental health literacy, improve teen confidence around discussing mental illness and addiction, and create a network of young people with tools and resources to identify and respond to mental health and substance use challenges.

Teen Mental Health First Aid Covers:

Common signs & symptoms of behavioral health challenges

Common signs & symptoms of a mental health crisis, particularly suicide

The impact of school violence & bullying on mental health

How to have conversations about behavioral health issues with friends

How to seek the help of a responsible & trusted adult

Understanding that 50% of all mental illnesses begin by age 14