


teen Mental Health First Aid

teen Mental Health First Aid (tMHFA) teaches young people how to identify, understand, and respond to mental health challenges among their friends.

The teen Mental Health First Aid Action Plan can be used in any order.

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

Don't suffer in silence.

Call or text 988 if you or a friend is in distress or considering suicide. You can also speak with 988 Suicide & Crisis Lifeline at [988Lifeline.org](https://www.988lifeline.org).

If it's a medical emergency, CALL 911.

RWJBarnabas
HEALTH

Institute for
Prevention
and Recovery

 **Mental Health FIRST AID**
from NATIONAL COUNCIL FOR MENTAL WELLBEING