

WHAT PARENTS NEED TO KNOW (YEAR 7-9 STUDENTS)

Your child's school is conducting Teen Mental Health First Aid® (MHFA™) training, which gives teenagers the skills they need to recognise and help with mental health problems and crises in their friends, and to get the help of an adult quickly.

Young people will often turn to each other when stressed or upset, and try to help each other, taking too much on. This course teaches them not to try to take on these problems alone.

The course touches on suicide. You may wish to discuss this with your child, if there is a risk they will find it distressing. Be aware that most young people feel empowered by understanding more about suicide even if it feels confronting initially.

This course has not been introduced because of any specific problems at the school. Mental health problems are very common in adolescents. If there has been a student suicide in the school, be aware this specific suicide will not be discussed, nor will any individual student.

Your child might want to talk about the course. The following can help you to have a conversation if this is needed.

Session 1 discusses mental health problems in general and understanding how common and disabling these are in young people. Students also learn about professionals who can help.

Session 2 talks about the Action Plan ('Look, Ask, Listen, Help Your Friend') for the first time. Students will see a film showing how it is used and you will start to explore how it might apply when a friend is in crisis or developing a problem.

Session 3 focuses on students practicing their new skills and discussing how they can look after themselves.

Your child will bring their manual home after session 3. There are resources for further information in the back and you may want to explore them together. If you wish to learn more now, resources are also provided overleaf.

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If you wish to learn more...

... about mental health problems experienced by young people, visit:

- www.beyondblue.org.au
- www.headspace.org.au
- www.howfaristooofar.org.au
- au.reachout.com
- www.kidshelpline.com.au
- www.lifeline.org.au

... about Teen Mental Health First Aid®:

- www.mhfa.com.au/courses/public/types/teen

... about other Mental Health First Aid® courses:

- www.mhfa.com.au

For immediate online help for teenagers:

- www.kidshelp.com.au
- www.eheadspace.org.au

INSTRUCTOR:

You can download a copy of this document in WIMS.
Do not make other changes to this document.

Instructor name

Business

Phone

Email

Other contact details