



DAVIS COUNTY COMMUNITY HIGH SCHOOL

503 East Locust Street Bloomfield, IA 52537

Davis County High School will conduct Teen Mental Health First Aid (tMHFA) training for all sophomore students during the month of December. This evidence-based training will teach teens how to recognize and help their friends with mental health and substance use challenges and crises and how to get the help of an adult quickly. ***The course does not teach teens how to diagnose!***

Teens often turn to each other when stressed or upset, and when friends try to help, they sometimes take on too much. Teen Mental Health First Aid teaches them they do not have to take on these problems alone. The course discusses issues like school violence and suicide that some teens may find distressing. You may wish to discuss them with your child before the training or encourage discussions afterwards.

This course is not being introduced because of any specific problems at our school. Mental health challenges are very common in teens. If there has been a teen suicide in the school, be aware this specific suicide will not be discussed during the class. We will not discuss any individual teen.

The course will be taught by school staff who have received special training and are certified to teach the course by Mental Health First Aid USA®, a division of the National Council for Mental Wellbeing.

Your child may want to talk about the course. The following is an overview of what will be addressed:

- Recognize early warning signs that a friend is developing a mental health challenge.
- Recognize warning signs that a friend may be experiencing a mental health crisis. Describe how to talk to a friend about mental health and seeking help.
- Explain when and how to get a responsible adult involved.
- Discuss where to find appropriate and helpful resources about mental health challenges and professional help.
- Apply the Teen Mental Health First Aid Action Plan to help a friend with a mental health challenge or crisis.

Students who participate will receive their own manual for use during and after the class. In the manual are resources that you may want to explore with your child. If you want to learn more now, you may visit the following resources:

Resources used with and referred to in the curriculum:

- » www.teenshealth.org/teen/your_mind
- » www.nami.org/Find-Support/Teens-and-Young-Adults
- » www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml
- » www.suicidepreventionlifeline.org
- » www.crisistextline.org

If you have any questions about tMHFA or concerns about your teen's participation in the training, please contact Marla Wilfawn at 641-664-2200. There is a Student Manual with full content of the curriculum available in the high school office for review.

One School, One Community, One Goal...The Best That We Can Be!