

teen Mental Health First Aid (tMHFA)



Teens in grades 9–12 (or ages 14–18) learn to:

- Identify, understand and respond to signs of mental health and substance use challenges in their friends and peers.
- Seek help from a responsible and trusted adult.

tMHFA in Pierce County

We work with school districts and youth serving agencies to launch tMHFA in Pierce County high schools.

Our goal

Build tMHFA training into standard curriculum at all Pierce County high schools.

Questions?

Email tMHFA@tpchd.org.

Learn more at tpchd.org/hope.



The [Pierce County Behavioral Health Tax](#) funded this program.



Tacoma-Pierce County
Health Department
Healthy People in Healthy Communities