

Friend2Friend

Online training for youth on helping others who have mental health concerns

www.fairfaxcounty.gov/community-services-board



Learn through virtual practice conversations

Friend2Friend is a FREE 30-minute online simulation that gives high school-aged youth a chance to practice helpful ways to talk with a friend who may be struggling with psychological distress.

When you take the online training, you enter a virtual environment where you interact with a simulation of another young person. Unlike many online trainings, this session is interactive and dynamic. You'll choose actions to move the scenario along and receive real-time feedback on how well you are doing. You'll learn how to tell the difference between "normal" and "at-risk" behavior and how to begin a conversation about the topic of mental distress.

Learn about:

- Emotional health and wellness.
- Warning signs of psychological distress.
- Ways to help a friend in distress connect with a supportive adult.

Teachers can share this program with high school-aged youth and encourage them to participate. Other adults who work with high school-aged youth – such as scout leaders, coaches, church leaders – can also encourage them to take this online course.

The training can be done in more than one sitting.

High school-aged youth can take the training now at:
www.fairfaxcounty.gov/community-services-board.

Friend2Friend is provided as a service of the Fairfax-Falls Church
Community Services Board and the Virginia Department of
Behavioral Health & Developmental Services

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**Community
Services Board**

To request this information in an alternate format, call 703-324-7000, TTY 711.

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