

GENERAL ASSEMBLY OF NORTH CAROLINA  
SESSION 2025

**H.B. 1159**  
**Apr 30, 2026**  
**HOUSE PRINCIPAL CLERK**

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**HOUSE BILL DRH30562-MGa-175**

Short Title: Investing in Teen Mental Health.

(Public)

Sponsors: Representative Lofton.

Referred to:

1 A BILL TO BE ENTITLED  
2 AN ACT APPROPRIATING FUNDS TO THE DEPARTMENT OF HEALTH AND HUMAN  
3 SERVICES, DIVISION OF CHILD AND FAMILY WELL-BEING, TO EXPAND  
4 ACCESS TO TEEN MENTAL HEALTH FIRST AID TRAINING AND YOUTH MENTAL  
5 HEALTH FIRST AID TRAINING.

6 Whereas, ten percent (10%) of North Carolina's high school students reported having  
7 attempted suicide in the last year and twenty-two percent (22%) of these same students reported  
8 having seriously contemplated suicide; and

9 Whereas, 1 in 5 teens in the United States will likely experience a mental health  
10 challenge by the age of 18 and sixty-four percent (64%) of these teens are unlikely to seek  
11 professional help; and

12 Whereas, Teen Mental Health First Aid (MHFA) is an evidence-based course  
13 developed to teach teens who are in grades nine through twelve, or ages 14 through 18, how to  
14 identify, understand, and respond to signs of mental health and substance use challenges among  
15 their friends and peers; and

16 Whereas, the Teen MHFA curriculum covers common signs and symptoms of mental  
17 health and substance use challenges in this age group and how to connect teens with trusted and  
18 responsible adults for support and assistance during a mental health or substance use crisis; and

19 Whereas, The University of North Carolina has trained a total of 7,527 individuals in  
20 Youth and Teen MHFA in 44 counties across NC and established a cohort of 212 Youth and/or  
21 Teen MHFA instructors since 2023; and

22 Whereas, completion of the Teen MHFA course has shown a fifty percent (50%)  
23 increase in the willingness of teens to tell someone and seek help from an adult or health care  
24 professional about mental health and substance use challenges; Now, therefore,  
25 The General Assembly of North Carolina enacts:

26 **SECTION 1.** There is appropriated from the General Fund to the Department of  
27 Health and Human Services, Division of Child and Family Well-Being, the sum of one million  
28 two hundred ninety thousand six hundred twenty-six dollars (\$1,290,626) in nonrecurring funds  
29 for the 2026-2027 fiscal year to be used to expand access to Teen Mental Health First Aid training  
30 and Youth Mental Health First Aid training in North Carolina.

31 **SECTION 2.** This act becomes effective July 1, 2026.

