

Mental Health First Aid (MHFA) refresher

Maintain the CPD levels and refresh the knowledge of your Mental Health First Aid team.

Group booking options:

Delivery:

Remote
Face-to-face

Participants:

6 to 25
6 to 25

Duration:

Four hours (over two sessions)
Half day

Keep your Mental Health First Aiders up to date with changes, so they are knowledgeable in current and appropriate reactions, responses, and support

Maintain their Continuing Professional Development (CPD) levels and refresh their knowledge of MHFA

Keep participants feeling confident, should they be called upon to provide MHFA assistance

Mental Health First Aid England recommend that those trained in the discipline attend a refresher course to maintain their CPD levels and renew their knowledge every three years.

Refresher training can also help MHFA volunteers feel confident about responding to a colleague when the need arises.

What you'll learn

- Updated knowledge of the factors which affect and trigger mental health
- Mental health perceptions, misconceptions, and stigmas
- Updated frames of reference and non judgemental conversations
- Refreshed practice of MHFA skills and supportive conversations using ALGEE
- Further discussion around first aid for suicidal crisis and prevention of suicidal crisis
- Independent self-care, wellbeing and recovery

Who this course is for

Individuals trained in Mental Health First Aid.



Our trainer was really engaging, helpful and professional.

Lara, Watford Borough Council



The trainer was fantastic, they encouraged participation and thanked everyone for sharing also checked we were ok throughout the course. I left with much more confidence.

Jess, DVSA

Course summary

Just as physical first aiders undertake refresher courses to keep their skills finely tuned and their reactions and responses sharp, so should Mental Health First Aiders.

With more being understood, discussed, and implemented surrounding mental health and wellbeing in the workplace, new actions, responses and terminology are constantly emerging.

This course content will also cover any additional support channels which have become available.

Participants will gain a refreshed knowledge of mental health, its influence, and causes - along

with the ability to recognise the signs and symptoms of mental ill-health.

The course also covers refreshed ways to provide help and support, knowledge of appropriate professional help and remaining mindful of individual wellbeing.

Each delegate will get a combined MHFA refresher manual and workbook and an MHFA refresher certificate.

MHFA training courses were first developed in Australia in 2001. In the years since, it has evolved into a global movement with licensed programmes in 25 countries and counting. More than three million people have been trained in MHFA skills worldwide.

About us

Our expert team have been delivering workplace training to organisations from all sectors for decades, helping to shape culture and inclusivity of workplaces across the UK. We specialise in helping both employers and employees to develop the knowledge, confidence and capacity to effectively support colleagues and

individuals with a disability or health condition.

All our training is delivered by a team of experienced consultants, who have extensive knowledge and a practical understanding of workplace issues.

Get in touch

To book, for more information or for a tailored quotation, contact us:



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