



# Half Day - MHFA Refresher

## What is Mental Health First Aid?

This course will empower Mental Health First Aiders and MHFA Champions to maintain their skills with regular Refresher training.

The four-hour Refresher course will support your Mental Health First Aiders and MHFA Champions by:

- Renewing their skills
- Updating their knowledge of mental health support
- Giving them the chance to practice applying the Mental Health First Aid action plan

## How will attending an MHFA course help?

Research and evaluation show that taking part in an MHFA course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery

## Course covers:

This course will enable your Mental Health First Aiders and MHFA Champions to refresh their skills, the same way your physical first aiders do, is a great way to demonstrate your organisation's commitment to treating mental health and physical health equally. Investing in the course will give you the confidence that your Mental Health First Aiders and MHFA Champions are performing their role safely and effectively.



### Duration:

4 hour virtual sessions



### Certificated:

MHFA England

To learn more or book a course, please contact:  
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