

Certificate of attendance

Sarah Bicknell

has attended the Youth Mental Health First Aid Refresher course and is now up to date with their Youth Mental Health First Aid skills. This course gives participants an opportunity to refresh and update the skills learnt on a Youth MHFA course

Date of attendance
22 July 2026

Instructor Member
Caroline Spender



Sarah McIntosh
Chief Executive
MHFA England



MHFA England

Your Mental Health First Aid England® certificate is valid for three years from the date you completed the course. We recommend you take an MHFA Refresher course every three years. For more details visit our website, mhfaengland.org.

MHFA England® is a social enterprise with a vision to improve the mental health of the nation. We'll achieve this through our mission to train one in ten people in mental health knowledge, awareness, and skills.

Our expert guidance and training gives people the skills to spot the signs of poor mental health, the confidence to start a conversation, and the knowledge to signpost to support.

Together, we'll create a society where everyone's mental health matters.

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