



## MHFA Refresher

Empower Mental Health First Aiders (MHFAiders®) to maintain their skills with regular Refresher training.

The four-hour MHFA Refresher course will support your MHFAiders® by:

- Renewing their skills
- Updating their knowledge of mental health supports
- Giving them the chance to practice applying the Mental Health First Aid action plan
- Providing them access to three years of MHFAider® support and benefits

Enabling your MHFAiders® 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 keep your MHFAiders® motivated, empowered and confident to carrying out their roles, and give you the peace of mind that they can perform their duties effectively.

## Format

- This is a half day course delivered either face-to-face or online
- Learning takes place through a mix of presentations, group discussions and workshop activities
- We limit numbers to 16 people per course so that your instructor can keep people safe and supported while they learn

## How often should MHFA England skills be refreshed?

We believe that mental health should be treated equally to physical health – and just like physical first aid, Mental Health First Aid training should be kept up to-date. We recommend MHFA Refresher training every three years.

Anyone who trained pre 2023 will not have access to the new MHFAider Support App or will not have been trained on the most up to date course. The refresher is a great way to access this support and update skills.

## MHFA Support and Benefits

MHFAiders® get automatic 24/7 digital support through the MHFAider Support App®. From there they will find exclusive resources, ongoing learning opportunities and the benefit of joining England's largest community of trained MHFAiders®.

**Access includes:**

- A resource library of toolkits, guidance, and core mental health concepts to support them in their role as an MHFAider®
- A signposting database through Hub of Hope to find local and national mental health services for additional support
- Secure conversation journaling to make reflective notes while protecting confidentiality
- Reminders for wellbeing check ins with the people MHFAiders® are supporting
- 24/7 text support services through Shout for advice and reassurance on a mental health conversation or to support wellbeing after a difficult conversation
- Exclusive quarterly webinars to embed and broaden mental health knowledge
- The benefit of joining England's largest community of trained MHFAiders®