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included



MHFA Refresher

We believe that mental health should be treated equally to physical health. And just like physical first aid, Mental Health First Aid (MHFA) training should be kept up to date.



If you're a Mental Health First Aider (MHFAider®), take the MHFA Refresher course every three years to:

- Keep your awareness of mental health support current
- Update your knowledge of mental health and what influences it
- Practice applying the Mental Health First Aid action plan
- Receive access to MHFAider® Support and Benefits for three years

This is a four-hour session with a mix of presentations, discussions and activities.

What does access to MHFAider® Support and Benefits include?

- 24/7 digital support through the MHFAider Support App®
- A resource library of toolkits and guidance to support you in your 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
- 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®

So, if it's time to update your skills, book onto the MHFA Refresher now to get the tools and knowledge to continue performing your role confidently and effectively.

For more information and to book, contact:

