



**MENTAL
HEALTH
FIRST AID**
Australia

MENTAL HEALTH FIRST AID **REFRESHER COURSES**

Renew your Mental Health First Aid accreditation in a Standard, Youth, Older Person or Aboriginal MHFA course.



WHAT ARE MHFA REFRESHER COURSES?

Refresher courses allow people who have previously completed a 12 or 14 hour Mental Health First Aid course or any of the Blended MHFA courses (excluding MHFA Yarns) in the last three years to refresh their knowledge and skills. For people who are Accredited MHFAiders, Refresher Courses offer an opportunity to extend their accreditation for a further three years.

The content of each refresher course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Refresher courses are available for:

- Standard MHFA
- Youth MHFA
- Aboriginal and Torres Strait Islander MHFA

Note: These courses are not therapy or support groups.



What is the format?

The Refresher Course is a 4-hour face to face or 5-hour online workshop conducted via videoconferencing. Learning takes place through a mix of presentations, group discussions and applied activities.



How often should MHFA skills be refreshed?

Just like physical first aid, updating skills and knowledge allows people to perform this vital role confidently and safely. To maintain accreditation Mental Health First Aiders need to attend a Refresher Course three years after their initial accreditation. Three years after the completing a refresher, Mental Health First Aiders need to complete the full course again.



Why attend an MHFA course?

Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness.

It is also associated with decreased stigma and an increase in help provided.



What will you learn?

- The latest research in the mental health field
- Learn the 3 key actions for helping someone feeling suicidal
- Work through complex mental health first aid interactions
- Practice mental health first aid skills.



Who can attend this course?

Any adult who has previously completed a Standard, Youth, Older Person or Aboriginal MHFA or anyone completing an accredited Blended MHFA course can attend. Accredited Mental Health First Aiders will be given an opportunity to extend their accreditation by completing an accreditation assessment after the course. Participants who are not accredited Mental Health First Aiders are not eligible to accredit after a Refresher Course but they are able to attend.



How do I sign up?

If you are booking as an individual, you can visit the **Course Calendar** on our website and select a course in your area book directly with one of our independent Instructors.

If you are looking to train a group you can **search for an Instructor** to discuss your organisation's requirements.

More **information on refresher courses can be found here** or by visiting **mhfa.com.au/courses**