



**MENTAL  
HEALTH  
FIRST AID**  
Australia

## MENTAL HEALTH FIRST AID **REFRESHER COURSES**

Refresh your knowledge and skills after completing a 12 or 14 hour Mental Health First Aid course.





## WHAT ARE MHFA REFRESHER COURSES?

Refresher courses allow people who have previously completed a 12 or 14 hour Mental Health First Aid course 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?

Each course is a 4-hour workshop.



### 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?

- Gain an understanding of 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 completed a 12 or 14 hour MHFA course or an Accredited MHFAider can attend.



### How do I sign up?

Go to the Course Calendar on our website and select a refresher course near you. If organising a course for a group, you can search for a local Instructor on our website to discuss your needs.

Refresher courses available at:  
[mhfa.com.au/courses](https://mhfa.com.au/courses)



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