

ADULT (MHFA) MENTAL HEALTH REFRESHER

Course:	Adult (MHFA) Mental Health First Aid Refresher Course (<i>Inclusive MHFAider Support App® - 3 years of supports and benefits</i>)
Date:	Please see email or website for various dates
Time:	09:30 - 14:00 Inclusive of regular breaks
Location:	Online via Microsoft Teams or Zoom - Joining instructions issued in advance via calendar invite. This course can also be delivered inhouse face to face.
Delegates:	Numbers are limited to ensure delegate safety A working camera and microphone are essential for the safety of the group
Materials	A workbook and manual are included
Cost:	<i>£115pp Subsidised/discounted rate</i> (Standard MHFA England rate £150.00pp)

Please note that the MHFA Refresher is for people who have completed an [MHFA course](#) or an [Armed Forces Mental Health First Aider course](#).

If you are a Mental Health First Aider, you have skills for life that support you and the people around you.

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, with a Refresher course every three years.

This ½ day MHFA Refresher course gives you the chance to:

- Renew your skills and keep your awareness of mental health supports current
- Update your knowledge of mental health and what influences it
- Practice applying the Mental Health First Aid action plan
- Access three years of MHFAider®) Support and Benefits

Format

- This interactive course is delivered online via Zoom
- Learning takes place through a mix of presentations, group discussions and activities
- Numbers are limited so the instructor can keep people safe and supported while they learn

We warmly look forward to hearing from you and should you have any questions, you are welcome to contact us at your earliest convenience.

CONTACT DETAILS

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SFA
Suicide First Aid
Understanding Suicide Intervention

