

Mental Health First Aider Refresher (MHFA) – ½ day

Course Overview:

Mental Health First Aid (MHFA) England has developed evidence-based courses which are grounded in research and have been rigorously tested. The purpose of the courses is to raise awareness of mental health issues, reduce the stigma surrounding mental health and to empower people with the knowledge and skills required to support those who are in need. Mental Health First Aiders will be able to spot the signs of mental health and have the confidence to offer first aid support.

This four-hour MHFA Refresher course will ensure that learners will:

- Keep their awareness of mental health support current
- Update their knowledge of mental health and what influences it
- Practice applying the Mental Health First Aid action plan

Please note that the MHFA Refresher is only for people who have completed a Youth MHFA two-day or one-day course. It is recommended that a refresher course is undertaken every 3 years.

Course Requirements:

The MHFA England courses are suitable for those who have an interest in mental health and wellbeing and who want to be a part of reducing the stigma attached to mental health issues.

Course Assessment:

The courses are not formally assessed; however, delegates are expected to actively participate during the day. On completion a Youth Mental Health First Aid England certificate will be awarded.

Cost:

£125 per delegate, corporate bundle rates available

Contact us for advice, more information or to book a course:

Or you can visit our website www.mhwsolutions.co.uk

Email us at enquiries@mhwsolutions.co.uk

Call us on 07776 912631 or 07735 498348

