



# MHFA Refresher

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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.

Please note that the MHFA Refresher is only for people who have completed an MHFA course or an Armed Forces Mental Health First Aider course.

Just like physical first aid, we recommend that MHFAiders® attend a Refresher course every three years.

If it's time to refresh your skills, book onto an MHFA Refresher course now to renew your skills.

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## Course outcomes

The four-hour MHFA Refresher course gives you the chance to:

- Renew your skills.
  - Update your knowledge of mental health support.
  - Practice applying the Mental Health First Aid action plan.
  - Access three years of MHFAider® Support and Benefits.
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## Format

This is a half day course delivered either face-to-face or via online video conferencing.

Learning takes place through a mix of presentations, group discussions and workshop activities.

We limit numbers to 25 people per course so that the instructor can keep people safe and supported while they learn.

We strive for all of our learning content to be as accessible and inclusive as possible.

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## Want to develop your expertise as an MHFAider®?

By keeping your mental health knowledge up to date with the MHFA Refresher, you'll be eligible to take the internationally recognised MHFAider® qualification.

