



\* Support included

# Mental Health First Aid Refresher

Mental health should be treated equally to physical health – and just like physical first aid, MHFA England recommend Mental Health First Aiders take the MHFA Refresher course every three years to ensure their mental health knowledge, awareness, and skills are up to date.



## The four-hour MHFA Refresher course will support your MHFAiders® by:

- Renewing their skills
- Updating their knowledge of mental health support
- Giving them the chance to practise applying the Mental Health First Aid action plan



Your MHFAiders will also need to take the MHFA Refresher course every three years to ensure their continued membership of the Association of Mental Health First Aiders® which provides ongoing development and support and gives them confidence in their role.

As members your MHFAiders will receive exclusive access to a wide range of resources, from training and qualifications to events and research.

This includes:

- **The MHFAider Support App®.** Access to features such as a 24/7 text support service, signposting to a national database of health services, and insights that teach critical self-care skills
- **Access to the MHFA England Online Learning Hub.** This includes resources such as course manuals and MHFAider guides
- **First-hand insights.** They'll learn from real people sharing their honest and lived experiences of mental health conditions
- **Online networking.** They'll receive invites to exclusive quarterly webinars to help them carry out their role with confidence, skill, and care
- **Monthly newsletters.** They'll be kept up to date with all the latest news from our community

So, if it's time to update the skills of your people, book them onto the MHFA Refresher now, so that they'll get the tools and knowledge to continue performing their role confidently and effectively.

**For more information and to book training for your organisation, contact:**

