

Mental Health First Aid Refresher Synopsis

Course Overview

Mental Health First Aid Refresher (delivered online or in person) is a half day (4 hour) MHFA England training course. It is recommended that your skills are refreshed every three years and this training will revisit and refresh your knowledge and skills from your original two-day MHFA course, allowing you to continue to be a certified MHFAider®.

Course objectives

- Provides up to date knowledge of Mental Health First Aid training
- Continue your certification as a MHFAider®

Content summary

- Practical application of the Mental Health First Aid action plan (ALGEE) in scenarios.
- Revisit factors that influence mental health, the mental health continuum, and how to reduce stigma.
- In-depth discussion on the boundaries of the role, maintaining confidentiality, and self-care for the MHFAider®.

Requirements for attendees:

- Over the age of 18
- Hold an in-date certification for MHFAider®, or evidence of a Level 3 Qualification in Mental Health
- Comfortable with the content of the course