

## MHFA Refresher

<b>Duration</b>	Half day
<b>Participants</b>	Up to 25
<b>Provider</b>	The Learning & Development Consultancy Ltd
<b>Location</b>	All locations in England

### Course Description

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.

The 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

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

### Target Audience

Please note that the MHFA Refresher is only for people who have completed an MHFA course.

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

### Key Learning Points & Outcomes

At the end of the course you will have refreshed your knowledge of:

- 🔒 Mental health and what influences it
- 🔒 How to recognise the main signs of mental ill health
- 🔒 How to provide initial help
- 🔒 How to guide the person towards appropriate professional help
- 🔒 How to be mindful of your own wellbeing

Skills refresh – refreshing the skills required to spot the signs of common mental illnesses and support a person who needs assistance.

An update on the mental health support that is available.

Activities and discussion on how to apply the Mental Health Action Plan in different scenarios.

## Course Structure

- 📌 About mental health
- 📌 Stress and factors which influence mental health
- 📌 Mental Health Continuum and stigma
- 📌 Frame of reference and non-judgement
- 📌 Reintroducing the Mental Health First Aid Action Plan
- 📌 Warning signs of mental ill health
- 📌 Depression & Anxiety
- 📌 Suicide & first aid for suicidal crisis
- 📌 Psychosis & first aid for severe psychotic episodes
- 📌 More mental health conditions
- 📌 Practising our MHFA skills
- 📌 Self-care, wellbeing & recovery

## Takeaways

Everyone who completes the course gets:

- 📌 A certificate of attendance to say you are MHFA Refreshed
- 📌 A manual to refer to whenever you need it
- 📌 A workbook including ways to refresh your skills
- 📌 Access to the MHFAider Support App® for three years