

Online Mental Health First Aid - Refresher

If you are a Mental Health First Aider or MHFA Champion 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.

What you'll gain

The four hour Adult MHFA Refresher course will empower you to:

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

How Often Should MHFA Skills be Refreshed?

Just like physical first aid, we recommend that Mental Health First Aiders and MHFA Champions attend a Refresher course every three years.

If it's time to refresh your skills, book onto an Online Adult MHFA Refresher course now and feel confident that you are performing your vital role safely.

Course Format and Takeaways

Learning takes place through a mixture of live training sessions and self-learning activities. Trainer-led online sessions are interactive, with a mixture of presentations, group discussions, and workshop activities.

Everyone who completes the course gets an MHFA refresher manual to keep and refer to whenever they need it.

Delivery Options

Course Length: 4 Hours - learning takes place through live training sessions and self-led activities

Minimum and Maximum Delegate Numbers: between 8 and 12 delegates

Delegate Requirements: Delegates must be 16 years of age or older.

Setup Requirements: Internet connection, sound, and video.

Delivery Mode: Online course delivered through the MHFA England Online Learning Hub

Accessibility: We strive to create courses and resources that everyone can access. When you book onto a course through the MHFA England website, please fill in the "Accessibility Requirements" section of the booking form and tell us what you need to access the course and materials.

Course Fees: please contact training@bristolmind.org.uk for a quote