



# MHFAider® Refresher



## Introduction

If you are a Mental Health First Aider or Champion you will have developed skill to support yourself and people around you. These skills require refreshing to remain effective. The MHFAider® Refresher is a four-hour face to face course designed to refresh and update your skills in applying the MHFA Action Plan, keep your awareness of mental health support current and update your knowledge of mental health and what influences it.

MHFA England recommend that Mental Health First Aiders and Champions attend refresher training every three years, to keep training up to date.

Every MHFA course is delivered by a quality assured instructor, who has attended the seven-day instructor training programme accredited by the Royal Society for Public Health and has attended CPD events to keep their knowledge and awareness current.



## Course Duration

SSG offer this course over four hours as a classroom or virtual course.



## Course Attendees

This course is suitable for all delegates who have completed the MHFAiders® course.



## Course Programme

This course will:

- Practice skills in applying the MHFA action plan
- Refresh knowledge of mental health and what influences it
- Keep awareness of mental health support current

Our MHFA instructors deliver training in manageable sections, each with a focus on how to apply Mental Health First Aid skills:

### Session 1

- About mental health
- Stress and factors which influence mental health
- Mental health continuum and stigma
- Frame of reference and non-judgement
- Reintroducing ALGEE

- Warning signs of mental ill health
- Depression and anxiety

## Session 2

- Suicide and first aid for suicidal crisis
- Psychosis and first aid for severe psychotic episodes
- More mental health issues
- Practising our MHFA skills
- Self-care, wellbeing and recovery



## Training Certification and Assessment

This course is certificated by MHFA England. Refresher training is recommended after three years.



## Suggested Follow on and Complementary Courses

- IOSH Managing Occupational Health and Wellbeing
- IOSH Managing Safely®
- First Aid at Work
- NEBOSH National General Certificate in Occupational Health and Safety