

* Support
included



MHFA Refresher

We believe that mental health should be treated equally to physical health. And just like physical first aid, Mental Health First Aid (MHFA) training in the workplace should be kept up to date.



The Mental Health First Aiders (MHFAider®) in your organisation should take the MHFA Refresher course every three years to:

- Keep their awareness of mental health support current
- Update their knowledge of mental health and what influences it
- Practice applying the Mental Health First Aid action plan
- Receive access to MHFAider® Support and Benefits for three years

This is a four-hour session with a mix of presentations, discussions and activities.

What does access to MHFAider® Support and Benefits include?

- 24/7 digital support through the MHFAider Support App®
- A resource library of toolkits and guidance to support your MHFAiders® in their role
- A signposting database through Hub Of Hope to find local and national mental health services for additional support
- Secure conversation journaling to make reflective notes while protecting confidentiality
- 24/7 text support services through Shout for advice and reassurance on a mental health conversation or to support wellbeing after a difficult conversation
- Exclusive quarterly webinars to embed and broaden mental health knowledge
- The benefit of joining England's largest community of trained MHFAiders®

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:

