

MHFA

Four-hour refresher course

Face to Face or online

Mental Health Aware



Mental Health First Aid starts with you

How often should MHFA England 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 MHFA Refresher course now and feel confident that you are performing your vital role safely.

Learn more at mhfaengland.org

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

MHFA won't teach you to be a therapist, but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis.

Adult MHFA courses are for everyone aged 16 upwards. Every MHFA course is delivered by a quality assured instructor who has attended our Instructor Training programme accredited by the Royal Society for Public Health, and is trained to keep people safe and supported while they learn

What will I learn?

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

Refresher - MHFA course

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.

The four-hour 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

To learn more or book a course, please contact:

UONMHFA@northampton.ac.uk