

Mental Health First Aid Refresher (Adults) - Online Training

Course Location: **Online, United Kingdom**

Instructor: **Bath Mind Trainer**

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

Please note that the MHFA Refresher **is only for people who have completed an Adult MHFA Two Day or One Day.**

Takeaways

Everyone who completes the course gets:

- A certificate to confirm you are a Mental Health First Aider
- A manual to refer to whenever you need it
- A quick reference card for the Mental Health First Aid action plan
- A workbook including a helpful toolkit to support your own mental health.

Format

- This is a half day course delivered either face to face or via online video conferencing
- Learning takes place through a mix of presentations, group discussions and workshop activities
- We limit numbers to 24 people per course so that the instructor can keep people safe and supported while they learn

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.

Accessibility

We strive to create courses and resources that everyone can access. When you book onto a course please let us know 'Accessibility requirements' and tell us what you need to access the course venue and materials.

This course is currently only available online.

Public Courses

We run courses which are open for individuals to sign up to, on a regular basis - contact us or check our website for upcoming courses.

Cost: We value this course at **£125 per person plus a £2 delivery charge**. Costs may vary depending on circumstances, and we endeavour to make the training accessible and affordable to all who are committed to take the course. Ask us about discounts available if required.

In-House Courses

We run courses for groups of up to 24 colleagues within your organisation.

Costs:

- ❖ 10 – 12 participants £1300
- ❖ 13 – 16 participants £1500
- ❖ 17 – 20 participants £1850
- ❖ 21 – 24 participants £2150

- We will work with you to book a 4 hour session convenient for your colleagues.
- We will need 2-3 weeks' notice for any bookings.
- You are welcome to invite colleagues from partner organisations to join and share costs - we can have up to 24 people in each cohort.
- We are able to offer a discount for charities and education bodies. Please ask for more information.

Booking Mental Health First Aid training - get in touch

Whether you are interested in training as an individual, or in booking training for your organisation, contact Hannah Roper, Head of Business Development at Bath Mind to discuss your requirements: hannahroper@bathmind.org.uk or 01225 617981.