



MENTAL HEALTH FIRST AID (MHFA) REFRESHER (HALF-DAY)



MHFA England

AIM This course refreshes your qualification as a licensed Mental Health First Aider, for those who have already completed the initial two-day course.

This MFHA four-hour course refreshes your qualification as a Mental Health First Aider. As an MHFAider you will need to take the MHFA Refresher course every three years to ensure your continued membership of the Association of Mental Health First Aiders® which provides ongoing development and support plus confidence to fulfil your role.

This refresher course will :

- Renew your skills
- Updating your knowledge of mental health support
- Giving you the chance to practise applying the Mental Health First Aid action plan

Mental health should be treated equally to physical health – and just like physical first aid, MHFA England recommend Mental Health First Aiders take the MHFA Refresher course every three years to ensure your mental health knowledge, awareness, and skills are up to date.

MHFA is an internationally recognised, accredited course that teaches people how to recognise and respond appropriately to signs of mental ill issues. The practical, skills-based approach demystifies mental health problems and challenges the stigma and discrimination that surrounds mental health. **The cost of this training is £99 per person.**

Book Now: Call 0113 273 9660 or Email: training@inspirenorth.co.uk