



REFRESH YOUR MENTAL HEALTH FIRST AID SKILLS

to support friends, family members, colleagues and others

This refresher course allows people who have completed a 12-hour Standard Mental Health First Aid (MHFA) course to improve their knowledge and skills. For Accredited MHFAiders, this course offers an opportunity to extend their accreditation for a further 3 years.

THIS COURSE WILL HELP YOU:

- Gain an understanding of the latest research in the mental health field
- Learn the 3 key actions for helping someone feeling suicidal
- Work through complex mental health first aid interactions
- Practice mental health first aid skills

This is a 4-hour educational course, not a therapy or support group.

DATES

TIMES

COST

VENUE

FACILITATOR/S



HOW DO I SIGN UP?

