



MHFA Refresher Course

Our refresher course is designed to refresh skills gained following the completion of the MHFAE Champion or MHFA 2 Day course.

How will attending the MHFA refresher course help?

The four-hour Refresher course will support your Mental Health First Aiders and MHFA Champions by:

- Renewing their skills
- Updating their knowledge of mental health supports
- Giving them the chance to practice applying the Mental Health First Aid action plan

Enabling your Mental Health First Aiders and MHFA Champions to refresh their skills, the same way your physical first aiders do, is a great way to demonstrate your organisation's commitment to treating mental health and physical health equally. Investing in the course will give you the confidence that your Mental Health First Aiders and MHFA Champions are performing their role safely and effectively.

Format of the Course

The course is a four hour, or half day face to face course and learning takes place through a mix of presentations, group discussions and workshop activities.

Participant Eligibility

The course is for everyone aged 16 and upwards and is recommended to be completed annually following completion of the 1 or 2 day MHFA courses,

Cost of the Course

The course cost is £125 per person to attend one of our open courses or £110 per person onsite at your desired location (prices are all exc. VAT)

Booking Instructions

You can register your interest by contacting Katie@talentinspire.co.uk.

Full payment is required 28 days before the course start date.

If you are booking for more than 1 person to attend, or an onsite course, please state this and we will contact you to discuss available discounts.