



\* Support  
included

# Mental Health First Aid Refresher

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.



## The four-hour MHFA Refresher course will support you as an MHFAider® by:

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



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.

Members will receive exclusive access to a wide range of resources, from training and qualifications to events and research. This includes:

- **The MHFAider Support App®.** Access to features such as a 24/7 text support service, signposting to a national database of health services, and insights that teach critical self-care skills
- **Access to the MHFA England Online Learning Hub.** This includes resources such as course manuals and MHFAider guides
- **First-hand insights.** Learn from real people sharing their honest and lived experiences of mental health conditions
- **Online networking.** You'll be invited to exclusive quarterly webinars to help you carry out your role with confidence, skill, and care
- **Monthly newsletters.** You'll be kept up to date with all the latest news from our community

So, if it's time to update your skills, book onto the MHFA Refresher now to get the tools and knowledge to continue performing your role confidently and effectively.

For more information and to book training for your organisation, please contact [workplace@mhfaengland.org](mailto:workplace@mhfaengland.org).

**For more information and to book, contact:**

