



# Mental Health Refresher Adult

## Course Aim

In line with the requirements for physical first aid, we recommend that people who have taken a Mental Health First Aid England course refresh their skills and knowledge every 3 years.

It also provides a chance to get up-to-date on the latest evidence base for mental health issues and

support which is rapidly moving forwards.

Delegates who have attended an MHFA England Adult Two Day or One Day course, or an Armed Forces MHFA Two Day course within the last three years are eligible to attend.

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## Course Contents

- Mental Health and what influences it
- How to recognise the main signs of mental ill-health
- How to provide initial help
- How to guide a person to the appropriate professional help
- How to be mindful of your own wellbeing



Half a Day



Certificate of Attendance



Green Cross Training



Maximum of 25 people



Your premises or a Virtual classroom