

MHFA Refresher

We believe that mental health should be treated equally to physical health. And just like physical first aid, Mental Health First Aid training should be kept up to date.

If you're a Mental Health First Aider or MHFA Champion, take the MHFA Refresher course every three years to:

- Keep your awareness of mental health support current
- Update your knowledge of mental health and what influences it
- Practice applying the Mental Health First Aid action plan

This is a four hour session with a mix of presentations, discussions and activities.

So if it's time to update your skills, book onto the MHFA Refresher now and feel confident you're performing your vital role safely.

For more info and to book, contact:

MHFA England
INSTRUCTOR
MEMBER



Julie Paterson

**Health & Wellbeing
Specialist**

07450 225452



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