

Mental Health First Aid Refresher

Course Duration:

- 4 hours face-to-face

St John Reference:
MHFAR

Overview

The Mental Health First Aid (MHFA) Refresher Course is designed to give participants who have previously completed a 12-hour MHFA course an opportunity to refresh the skills and knowledge required of a Mental Health First Aider. Participants must hold a Standard Mental Health First Aid certification and have achieved this within 3 years of the refresher training date. Accredited MHFA aiders are able to use the Refresher training to extend their accreditation for a further 3 years.

Course Content

- 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
- Revising ALGEE Action Plan
- Revising signs and symptoms of common mental illness

Who can attend?

Participants who want to extend their accreditation of Standard Mental Health First Aid for another 3 years. Participants must hold a Standard Mental Health First Aid certification and have achieved this within 3 years of the refresher training date.

Our Facilitators

Our facilitators for this course are fully accredited with Mental Health First Aid Australia, and are required to maintain their accreditation through regular development and course delivery.

CPD

Most professionals can claim attendance at a MHFA course for Continuing Professional Development (CPD) with their industry body.

Participants with a language or literacy difficulty or other special needs should inform the training support staff or trainers so appropriate assistance can be arranged.

St John Ambulance Australia SA Ltd