



Adult Mental Health First Aid Refresher

Course Duration: 4 hours

This course is only available for people who have completed an MHFAider® course
MHFA England recommend that MHFAiders® attend a refresher course every three years

The four-hour MHFA Refresher course gives you the chance to:

- Renew your skills
- Update your knowledge Mental Health Support
- Practice applying the Mental Health First Aid action plan
- Access three years of MHFAider® support and benefits

Course programme:

- This is a half-day face-to-face course
- Learning takes place through a mix of presentations, group discussions and workshop activities
- We limit numbers to 20 per course so that the instructor can keep people safe and supported while they learn

Assessment:

There is no formal assessment for this course but delegates must complete all sections of the course.

Pre-Requisites for Candidates:

No formal qualifications or experience are necessary. Adult MHFA courses can be attended by people aged 16 upwards and are relevant for the general population

Delegates should be competent in literacy, language comprehension and numeracy.

Any physical impairment or literacy issues should be discussed with LTC Training Services Ltd prior to making a booking so we can best accommodate your needs.

Training Location Options:

We offer this course from our Devon and Cornwall training centres as well as giving customers the option to hold training on site at a location of their choice (subject to minimum candidate numbers and the proposed venue having a suitable classroom facility and any other necessary facilities required for this course). Please contact us for further details.

Course Start Time:

Course starts at 8.15am and finishes at approximately 12:30 pm

Certification:

Certificates are included in the cost of this course and are produced by MHFA England. All candidates will be forwarded an email by MHFA England with a link to download certification: this should be actioned a.s.a.p. Candidates will also be able to download a digital badge which can be used for posters, profile pictures and letterheads. Certificates are valid for 3 years.

Equipment:

Candidates are not required to bring any special equipment. Writing materials will be provided.

Lunch and Refreshment Facilities:

Lunch is not provided. Water, tea, coffee, fridge and microwave facilities are also available in our canteen for your use free of charge.

Unfortunately, we are not able to provide lunches when training is carried out on-site.

Accommodation and Transport:

Candidates are required to organise and pay for their own accommodation and transport should it be required. A list of local accommodation can be provided on request.

Number of Candidates per Course:

A maximum of 20

(Date of latest revision: 30/11/22)