Refresher Training Courses

Refresher courses allow people who have previously completed a 12 or 14 hour Mental Health First Aid course to refresh their knowledge and skills. Accredited MHFAiders can renew their accreditation for a further three years.

Key Learning Outcomes:

- The latest research in the mental health field
- The 3 key actions for helping someone feeling suicidal
- Work through complex mental health first aid interactions
- Practice mental health first aid skills.

Delivery Methods

Face to Face
- 4 hour workshop
- Max 15 participants

Online:
- 1 x 5 hour online facilitator led sessions
- Max 12 Participants

Who can attend this course?

Anyone who has previously completed a:

- Standard MHFA course
- Youth MHFA course
- Workplace course
- Community course
- Tertiary course

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MENTAL HEALTH FIRST AID Australia
Accredited Instructor