

Mental Health First Aider ® Refresher Training (including Support & Benefits)

This course is only for trained MHFAider ® and MHFA Champions who completed from Jan 2020.

- ◇ Keep your awareness of current mental health support channels
- ◇ Update your knowledge of mental health and what influences it
- ◇ Practice applying the Mental Health First Aid Action Plan



Benefits of our MHFA course

- * Reduces stigma around mental ill health
- * Gives you increased confidence to have a supportive conversation about mental health
- * Promotes understanding around mental health from different perspectives
- * Helps to build supportive communities and promotes open conversations about mental health
- * Encourages self-care, giving you the tools to look after your own and others' mental health
- * Promotes early intervention and recovery, which can prevent an individual's mental health deteriorating

Learning outcomes

As an MHFAider® you will be able to:

- * Recognise those that may be experiencing poor mental health and provide them with the first-level support and early intervention
- * Encourage a person to identify and access sources of professional help and other supports
- * Practise active listening and empathy
- * Have a conversation with improved mental health literacy around language and stigma
- * Practise self-care

This four-hour refresher course can either be taken face-to-face or online :

Face-to-face: 27th November 2023 from 09:00 to 13:30 including breaks (refreshments provided)

Venue: Essex Community Foundation Hub, 3 Hoffmans Way, Chelmsford, CM1 1GU

Online: 6th December 2023 from 09:00 to 13:30 including regular breaks

Venue: Zoom platform - you will receive the link once registered

We require a contribution of £25 for face to face and £30 for virtual to book your place and cover materials (includes support and benefits, manual, lanyard, crisis card and certificate as well as the APP)

To book onto either workshop access this link: <https://interactchelmsford.wufoo.com/forms/zdunnv90le14nb/>