



MENTAL HEALTH FIRST AID REFRESHER COURSE



MENTAL HEALTH
FIRST AID®
Australia

Licensed Instructor



Refresher courses allow people who have previously completed a Mental Health First Aid course in the last three years to refresh their knowledge and skills.

The content of each refresher course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Note: This course is not a therapy or support group.

Duration: 4-5 hours

Delivery mode: In class training

Entry Requirements

Participants are required to have a reasonable level of verbal and written skills.

Prerequisites

There are no prerequisite for this workshop.

Workshop Content

- 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.

Award Issued

A certificate of attendance will be awarded.

No statement of attainment is issued for this Training.

On successful completion of the post-training assessment, certification is issued as a **Mental Health First Aider**.

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