



Course Outline: Mental Health First Aid Refresher



With the incidence of mental ill health increasing internationally, Mental Health First Aid has never been more important. This course revisits some of the key elements of the MHFA training and is designed to refresh your memory, update your skills and boost your confidence, enabling you to continue to effectively support the mental health of both yourself and others. This course is recommended every two years for Mental Health First Aiders.

- 4 hours (or 2 x 2 hour sessions)
- Face-to-face or virtual
- Typically 4-15 participants
- Supported by course notes
- Interactive

Key Course Elements	Participants will be able to
<p>The Background</p> <ul style="list-style-type: none"> Exploring Mental Health, what it is and what influences it. Covering the stress container, positive and negative influences on stress, workplace specific stressors, the Mental Health Continuum and the impact of stigma <p>ALGEE and Non-judgement</p> <ul style="list-style-type: none"> Revisiting ALGEE and its core components, examining the importance of recognising personal frames of reference and utilising non-judgmental listening skills <p>Mental Ill-health</p> <ul style="list-style-type: none"> Exploring depression, anxiety, suicide and suicidal crisis, psychosis and psychotic episodes. Also eating disorders, self-harm and substance misuse. Including interactive quizzes and the latest statistical evidence <p>MHFA Practice</p> <ul style="list-style-type: none"> Examining the reality of MHFA in the workplace, applying ALGEE to a variety of case studies, and reflecting on workplace sources of support, wellbeing and recovery 	<ul style="list-style-type: none"> Explore Mental Health and what influences it Remind themselves of how to recognise the main stages of mental ill health Revisit and reflect on best practice Practice implementing ALGEE Discuss and consider their experiences as a Mental Health First Aider Reflect on their own wellbeing

