

# Mental Health First Aider - Refresher

## Open Programme

This course will be delivered virtually.  
Cost - £295 plus vat, per person

### Duration

4 hours

### Course Overview

This workshop is designed to provide your MHFAiders® with essential support as they continue their role across the business. The content of this workshop can be tailored to focus on specific topics / scenarios that the group have found particularly challenging or areas where they would like further clarification and confidence in dealing with.

### Core development objectives covered

- A review of how MHFAiders® have been utilised across the business
  - What has gone well?
  - What challenges have you faced?
- Refreshing key areas
  - Mental health and what influences it
  - Recognising the main signs of mental ill-health
  - Providing initial help
  - Guiding someone towards appropriate professional help
  - How to be mindful of your own wellbeing
  - Applying the Mental Health Action Plan
- An update on mental health support that is available
- A review of workplace scenarios
  - An opportunity for the group to review and discuss specific situations where they need further clarification and / or support
  - Having constructive conversations around stress



For a booking form please contact [kellyhatton@futureproof-training.co.uk](mailto:kellyhatton@futureproof-training.co.uk)