Course Title	*Mental Health First Aid – Adult Refresher*	Duration	Half day (four hours) online	*Mental Health*
Aim	We all have mental health and like our physical health it needs to be looked after. In any given year one in four people will experience a mental health issue. It's important that every workplace has plenty of people who can support those having any issues and who know how to access further help for them, allowing for quicker recoveries and more positive outcomes. In the same way that there are refresher courses for physical first aiders, Mental Health First Aid training should be kept up to date. MHFA England recommend that Mental Health First Aiders and MHFA Champions attend a Refresher course every three years. The MHFA Refresher course will: • Keep your awareness of mental health supports current • Update your knowledge of mental health and what influences it • Practice applying the Mental Health First Aid action plan			
Prerequisites	You must previously have undertaken the Mental Health Champion (one day) course or the Mental Health First Aid (two day) course.			

NB : This online course includes a combined course workbook and manual.

Outcome	Content
Refreshed knowledge of mental health and what influences it	♦ What is mental health? ♦ The stress vulnerability model ♦ The mental health continuum and stigma ♦ The frame of reference and non-judgement
Refreshed knowledge of how to recognise the main signs of mental ill health and how to provide initial help.	♦ The Mental Health First Aid action plan ♦ Warning signs of mental ill health ♦ Depression and anxiety
Refreshed knowledge of how to guide the person towards appropriate professional help	♦ Suicide: Warning signs ♦ First aid for suicidal crisis ♦ First aid for severe psychotic episodes ♦ Exploring options for support including workplace support.
Refreshed knowledge of how to be mindful of your own well being	♦ Self-care ♦ Wellbeing ♦ Recovery

Book this course now :

Cost	£125 per delegate on an open course // £750 for an in-house event (+VAT)
To book this event	Call Mike or Jill now on : 0330 022 8262 e-mail : bookings@its-training-uk.com