

THE IN-HOUSE TRAINING COMPANY

MHFA Refresher

This half-day programme is designed to refresh your mental health knowledge within three years of completing the one-day Champion or Mental Health First Aider programme

Overview

If you are a Mental Health First Aider or MHFA Champion you have skills for life that support you and the people around you.

We believe that mental health should be treated equally to physical health – and just like physical first aid, Mental Health First Aid training should be kept up to date.

Learning objectives

The four-hour MHFA Refresher course will empower you to:

- 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

Who should attend?

The MHFA Refresher is only for people who have completed the Mental Health First Aider or MHFA Champion course within the last three years.

Course format

- This half-day course is delivered either in person or online
- Learning takes place through a mix of presentations, group discussions and workshop activities
- We limit numbers to 25 people per course so that the instructor can keep people safe and supported while they learn

Special features

Everyone who completes the course gets:

- A certificate of attendance to say you have Refreshed your mental health knowledge
- A manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health

Expert trainer

An enthusiastic developer of people, **Wendy** has been working as a Mental Health First Aid Instructor since August 2018.

Her interest in mental health started in 2017 when she joined a student accommodation provider as the Learning and Development Advisor (L&D). As she sat within the HR team, she realised that poor mental health impacts the staff and students. She felt passionate for change and doing something about it, she submitted a project scope to the HR director. In 2018 she created an internal mental health forum that met monthly to discuss actions to move the project forward. The proposal included offering mental health training, which would be underpinned by a well-being campaign. Wendy upskilled as a Mental Health First Aid Instructor to deliver the content consistently and efficiently.

Wendy has since set up as an independent trainer to continue upskilling people in mental health. She has delivered MHFA England training to numerous clients in a diverse range of sectors, such as retail and hospitality, finance, manufacturing, arts & theatre, and public sector. Her clients include Amazon, BMW Group, British Museum and NHS Dental Trust amongst many others.

Wendy's delivery gets results, as the following comments from course participants show:

- 'Wendy was very informative. She made sure all participants were involved in the course. She was non-judgmental and very understanding. It was very easy to open up and she created a brilliant atmosphere. I would recommend this course to any person in their private or professional life.'
- 'The tutor, Wendy, was great and her honest, real world examples were good and she brought a positive energy which helped to motivate the group which I think is hard with mixed engagement and a range of cameras on and off. Overall, it was a really good course - thanks so much to all involved.'
- 'I was so pleased with how well it went, each day was different and exciting, despite covering a lot of ground for each topic. The trainer was great and offered support and made me feel included in all of the sessions.'

Workshop outline

- About mental health
- Stress and factors that influence mental health
- Mental health continuum and stigma
- Frame of reference and non-judgement
- Reintroducing ALGEE
- Warning signs of mental ill-health
- Depression and anxiety
- Suicide and first aid for suicidal crisis
- Psychosis and first aid for severe psychotic episodes
- Practising our MHFA skills
- Self-care, wellbeing and recovery

Any questions?

Please just give us a call on 01582 463463 – we're here to help!

Or visit www.theinhousetrainingcompany.com