



MHFA England

MENTAL HEALTH FIRST AID REFRESHER TRAINING - LEEDS

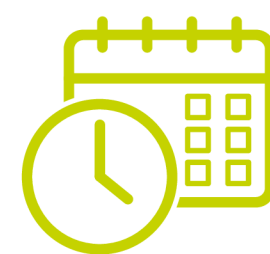
We believe that mental health should be treated equally to physical health. Just like physical first aid, MHFA England recommend MHFAiders take the MHFA Refresher course every three years to ensure their mental health knowledge, awareness, and skills are up to date.

This course is designed for individuals who are already certified Mental Health First Aiders or who have completed a Level 3 Qualification in Mental Health.

Through a mix of interactive group activities, presentations and discussion you'll be able to:

- Recognise those who may be experiencing poor mental health and provide them with first-level support and early intervention
- Encourage a person to identify and access sources of professional help and other supports
- Practise active listening and empathy
- Have a conversation with improved mental health literacy around language and stigma
- Discuss the role in depth, including boundaries and confidentiality
- Practise self-care
- Know how to use the MHFAider Support App®
- Know how to access a dedicated text service provided by Shout and ongoing learning opportunities with MHFA England®

**£150
+VAT**



**21 October
2025**

9.am til 1pm



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BOOK NOW

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