



Mental Health Refresher

Course Aim

The aim of this course is to refresh the knowledge and understanding of any current issues/ legislative changes within the mental health sector, practice applying the mental health first aid action plan, network with other mental health first aiders and update your current knowledge of mental health. This course also aims to look at what influences mental health and any key concepts covered on either the Mental Health First Aid England 1 day MH Champion course or the 2 day MH First Aider course.

Agenda

- Update your awareness of any current issues / legislative changes
- Practice applying the Mental Health the First Aid Action Plan
- Network with other Mental Health First Aiders
- Update your knowledge of mental health, specifically as to what can influence it and the key concepts covered in their original training.

Who Should Attend?

This course is aimed at delegates of who have taken part in the Mental Health First Aid England 1 day MH Champion course or the 2 day MH First Aider course.

Course Duration

This is a 1 day course.

Certification

Delegates successfully completing the course will receive a certificate.