



**MENTAL  
HEALTH  
FIRST AID**  
Australia

## MENTAL HEALTH FIRST AID **REFRESHER COURSES**

Renew your Mental Health First Aid accreditation  
in a Standard, Youth or Aboriginal MHFA course.





## WHAT ARE MHFA REFRESHER COURSES?

Refresher courses allow people who have previously completed a 12 or 14 hour Mental Health First Aid course to refresh their knowledge and skills. Accredited MHFAiders can renew their accreditation for a further three years.

The content of each refresher course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

**Note:** These courses are not therapy or support groups.



### Refresher courses available:

- **Standard MHFA**
- **Youth MHFA**
- **Aboriginal and Torres Strait Islander MHFA**



### What is the format?

Each course is a 4-hour workshop.



### Why attend an MHFA course?

Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.



### Who can attend this course?

Any adult who has previously completed a Standard, Youth or Aboriginal MHFA course can attend.



### What will you learn?

- The latest research in the mental health field
- The 3 key actions for helping someone feeling suicidal
- Work through complex mental health first aid interactions
- Practice mental health first aid skills.



### How do I sign up?

Go to the Course Calendar on our website and select a course in your area.

Refresher courses are available at:  
**[mhfa.com.au/courses](https://mhfa.com.au/courses)**



Visit **[mhfa.com.au](https://mhfa.com.au)**