



**Mental
Health
First Aid**
Aotearoa

Mental Health First Aid Aotearoa

Refresher courses

Refresh your knowledge and skills after completing a 12-hour Mental Health First Aid Aotearoa course.

What is a Mental Health First Aid refresher course?

Refresher courses allow people who have previously completed a 12-hour Mental Health First Aid (MHFA) Aotearoa course to refresh their knowledge and skills. This provides an opportunity to extend their MHFA accreditation for a further three years.

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

Refresher courses are available for:

- › Standard MHFA
- › Workplace MHFA

What is the format?

Standard and Workplace	
	
In-person	Online
A 7-hour course led by an accredited MHFA Aotearoa instructor.	Two 3.5-hour video conferencing sessions led by an accredited MHFA Aotearoa instructor.

Why attend a Mental Health First Aid course?

Evaluations consistently show that Mental Health First Aid training improves understanding of the mental health challenges people experience, their options for treatments and helpful first aid strategies. Participants report increased confidence in their ability to offer Mental Health First Aid which enables early access to help. The training also decreases stigma and discrimination that many people with mental health and addiction challenges experience.

What will you learn?

- › Gain an understanding of the local research in the mental health field.
- › Learn the three key actions to help someone who is feeling suicidal.
- › Work through complex mental health first aid interactions.
- › Practice mental health first aid skills.

How do I find a course?

Mental Health First Aid Aotearoa instructors run open workshops that individuals can attend or workshops for a group or organisation. Whatever your needs, visit www.mentalhealthfirstaid.nz to find a local instructor.



Who can attend this course?

Anyone over 18 who has completed a 12-hour Mental Health First Aid Aotearoa course within the last 3 years can attend.

Note: This course is not a therapy or a support group.