



TMF Training Solutions

Mental Health First Aid Refresher Training

4hr. program delivery

This refresher training allows people (who have previously completed a 12 hr. Mental Health First Aid training) to refresh and update their knowledge and skills. For people who are Accredited MHFAiders, the refresher courses offer an opportunity to extend their accreditation for a further 3 years.

Mental Health First Aid (MHFA) course is based on the international MHFA Guidelines.

- ✓ Gain an understanding of the latest research in the mental health field
- ✓ Learn the 3 key actions for helping someone feeling suicidal
- ✓ Work through complex mental health first aid interactions
- ✓ Practice mental health first aid skills



Mental Health First Aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis. The first aid is given until the appropriate professional help is received or the crisis resolves.

TMF Training Solutions delivers MHFA courses as authored by Mental Health First Aid Australia, with experienced and accredited MHFA Principal Master Instructors.

TMF Training Solutions approach helps you to learn about mental health problems and mental health crises and how to respond to them in a safe, inclusive and friendly environment.

Arrange Mental Health First Aid Training that best meets your needs today.

For a confidential discussion regarding Mental Health First Aid Refresher Training for yourself, your organisation, community group or workplace please contact our training team:

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**MENTAL
HEALTH
FIRST AID**
Australia