



cavendish
wellbeing

Mental Health Refresher

1/2 day course delivered face-to face or online

£150 per learner, max 25 learners

£3000 Private group price (up to 25 learners)

includes donation to Cavendish Cancer Care

4 hours of content; instructor led, group discussions & individual / group activities

Why this course?

MHFAider® training is the mental equivalent to physical first aid. It is recommended that MHFAiders® attend a refresher course every three years to keep up to speed with the latest mental health support.

Course Outcomes

As an MHFAider® you will already have completed 14hours of content. This is an opportunity for you to: Champion you will:

- Renew your skills
- Update your knowledge of mental health support
- Practice applying the Mental Health First Aid action plan
- Access three year of MHFAider® support and benefits

Your Takeaways:

Participants of the course receive:

- Digital MHFAider® certificate
- 3yr access to MHFAider® Support App
- Ongoing learning opportunities, resources & events
- MHFAider community member

Your Trainer

Julie White is an MHFA®England instructor member, coach and trainer. She has many years HR and people management experience.