



Accredited

Mental Health First Aid Refresher

Overview

This one-day course is for those who have previously completed the Mental Health First Aid course. The course refreshes the knowledge gained on the two-day course, updates learners on any changes in legislation and best practise and is recommended to complete 3 years after the initial training.

Please note: You must hold an existing Mental Health First Aid certificate to register for this course.

Course Contents

- Spotting the early signs and symptoms of mental ill health
- Starting a supportive conversation with a colleague who may be experiencing a mental health issue or emotional distress
- Listening to the person non-judgmentally
- Assessing the risk of suicide or self-harm
- Encouraging the person to access appropriate professional support or self-help
- Escalation to the appropriate emergency services when necessary
- Maintaining confidentiality as appropriate
- Completing critical incident documents
- Protecting yourself whilst performing the role

Course Duration: 1 Day

Certification: NUCO Accredited SCQF Level 6 Certification