



C.A.T.E.S.

Community Awareness Training
& Education Services

Standard Mental Health First Aid Refresher Course



Refresh your Mental Health First Aid certificate:

Refresh your mental health first aid skills to support friends, family members, colleagues and others.

Course Content:

The Standard MHFA Refresher course allows people who have completed a 12-hour Standard Mental Health First Aid (MHFA) course to improve their knowledge and skills. For Accredited Mental Health First Aiders, this course offers an opportunity to extend their accreditation for a further 3 years.

This course will help you:

- 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

This is a 4-hour educational course, not a therapy or support group. A 3-year Standard MHFA Accredited certificate must be within 3 months of expiry date to enroll in the Refresher course.

Where are the Courses held?

Courses are presented at the magnificent training facilities of the Next Generation Health & Lifestyle Club, War Memorial Drive, North Adelaide, SA 5006, or at your place of work through arrangement by contacting CATES.

Contact Information

CATES TRAINING

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The 4-Hour Standard Mental Health First Aid Refresher Course

This refresher course allows people who have completed a 12-hour Standard Mental Health First Aid (MHFA) course to improve their knowledge and skills.

What is Mental Health First Aid?

Mental health first aid is the help given to someone developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

What is the Standard Mental Health First Aid Refresher course?

The Standard Mental Health First Aid Refresher course is based on the international MHFA Guidelines. These guidelines developed through the expert consensus of people with lived experience of mental health problems, carers and professionals.

Who can attend a MHFA Refresher course?

This refresher course allows people who have completed a 12-hour Standard Mental Health First Aid (MHFA) course to improve their knowledge and skills.

Course Format

This This is a 4-hour educational course, not a therapy or support group. A 3-year Standard MHFA Accredited certificate must be within 3 months of expiry date to enroll in the Refresher

“ .. This training is helpful to every person regardless of their role within an organisation .. ”

Amanda Rosairo
HR Officer, disAbility Living