

# Mental Health First Aid (Wales) Refresher

## Course Introduction

Our 4-hour mental health first aid refresher course is designed to refresh skills previously learnt on any mental health first aid course. The course also provides a refresh on the role of employers in promoting positive mental health and wellbeing in the workplace.

The Mental Health First Aider shall continue to be the 'go-to person' for anyone who is experiencing some form of mental health condition i.e., stress, anxiety or depression.

The first aider will be fully refreshed to help guide the person in distress and support where ever necessary and therefore, be able to intervene before it escalates.

This refresher course is for first aiders in a workplace, managers, supervisors and general staff. It can be applied to any working environment i.e., construction, manufacturing, offices, healthcare, volunteers etc...

## Course Pre-Requisites

A copy of previous Mental Health First Aid qualification must be provided prior to sitting the refresher course.

## Course Topics

- Re-visit the requirement for Mental Health First Aid & surrounding issues
- Refresh tactics surrounding First Aid for Mental Health (ALGEE)
- Renew how to apply ALGEE to specific scenarios

- Opportunity to review previous learnt skills

## **Assessment Method**

Group Activities & Discussions along with on-going assessments throughout the course.

## **Qualification Expiry**

3 Years