

Mental Health Annual Refresher

E-Learning

This course updates skills and outlines factors that impact on mental health

90-120 Minutes



Online Learning

About the course

This course is designed and delivered by St John Ambulance to update skills previously learnt on the 1 or 2-day Mental Health First Aid course but with a focus on personal and environmental factors that can impact on people's mental wellbeing, and the role the employer should undertake to support wellbeing in the workplace.

Who should attend

This course is open to anyone who has completed a mental health course previously (through any provider). We recommend the Mental Health Annual Refresher course should be attended annually by anyone who has completed any variation of the 1 or 2-day Mental Health First Aid course, within the last 3 years. Those who have attended a 1 or 2-day Mental Health First Aid course more than 3 years ago, should complete the full course again. **Please note that this course does not extend the validity of the Mental Health First Aid certificate.**

Please be aware that this course focuses on employees in the workplace and covers subjects that some people may find distressing. If a delegate feels overwhelmed they can leave the course at any time.

However, if you feel in advance that this subject may be too distressing for the delegate please do not book them on without first asking them whether they would feel comfortable attending. If the delegate is unsure whether this topic is suitable for them, please encourage them to contact us to discuss their concerns. For support with your mental health, please contact Samaritans on 116 123, or NHS 111.

Course Syllabus

The course will use workplace case studies to outline how personal situations can impact individuals and the potential signs of someone experiencing mental ill health. The role of the employer and the mental health first aider will also be explored.

- Knowledge update of the Mental Health First Aid protocols
- Knowledge update of how to recognise when an individual is experiencing poor mental health
- Skills update of how to support someone who is experiencing poor mental health
- Knowledge update of how to manage an individual who is in crisis
- Knowledge update of common mental health conditions.

Certification

Delegates will receive a printable certificate in Mental Health Annual Refresher upon completion of the course.

For General Queries

Contact our customer services team:

workplace-training@sja.org.uk

Or call us on

0344 770 4800

Lines are open Mon-Fri 8.30am-5.30pm