



Adult MHFA Refresher Programme*

First Session – 09:00

- About mental health
- Stress and factors which influence mental health
- Mental Health Continuum and stigma
- Frame of Reference and non-judgement
- Reintroducing ALGEE
- Warning signs of mental ill health
- Depression and anxiety

Break – 11:00

Second Session – 11:15

- Suicide and first aid for suicidal crisis
- Psychosis and first aid for severe psychotic episodes
- More mental health issues
- Practising our MHFA skills
- Self-care, wellbeing and recovery

Finish and networking lunch, with the opportunity to discuss any issues – 13:00

*Please note: due to the nature of the course and the fact that it often stimulates discussion, break timings are to be seen as a guideline only, but you will finish on time!