

Mental Health First Aid – Refresher Training

Practical peer-to-peer training to maintain confidence, stay current, and strengthen your mental health support skills.

Why Mental Health First Aid Refresher Training Matters

Mental Health First Aid (MHFA) skills are most effective when they are kept sharp. Workplace challenges evolve, and staying equipped with up-to-date knowledge ensures effective support, proactive intervention, and a confident approach to mental health conversations.

MHFA Refresher Training ensures accredited MHFAiders stay prepared, capable, and ready to contribute to a workplace that values both people and performance.

The Business Case for MHFA Refresher Training

- **Sustain Workplace Readiness:** Confident MHFAiders contribute to a culture where employees feel supported and empowered.
- **Keep Skills and Knowledge Current:** Learn the latest best practices and reinforce key mental health response techniques.
- **Reduce Workplace Risk:** Early and informed action prevents issues from escalating, protecting both employees and the business.
- **Enhance Psychological Safety:** Strengthen trust and engagement by ensuring mental health support remains a visible and active part of the organisation.

What MHFA Refresher Training Covers

- ✓ **Reinforce Core MHFA Principles** – Refresh key knowledge areas and refine support techniques with the latest research and data.
- ✓ **Address Emerging Workplace Mental Health Challenges** – Stay ahead of trends and new best practices.
- ✓ **Build Confidence in Real-World Conversations** – Practical applications that reinforce effective responses.
- ✓ **Maintain Accreditation** – Ensure MHFAiders continue to meet certification requirements.
- ✓ **Know When & How to Escalate** – Guide colleagues to the right support services before issues escalate.

This program is delivered as a 6-hour interactive workshop, available both online and face-to-face.

Why Choose Well-Led Workplaces to deliver Training?

At Well-Led Workplaces, we provide training that is **engaging, relevant, and immediately applicable**, ensuring MHFAiders continue to make an impact.

- ◆ **Expert-Led Training:** Delivered by experienced professionals with real-world expertise.
- ◆ **Practical and Interactive:** Engaging discussions and real scenarios to reinforce learning.
- ◆ **Tailored for Your Workplace:** Content adapted to align with industry and organisational needs.
- ◆ **Ongoing Support:** Additional resources and guidance beyond training sessions.

What People Say

"Julie is always fabulous and obviously passionate about this area and really wants to share her knowledge. She is always positive and shows how slightly "tweaking" a conversation really can get a much better outcome. Julie encourages conversation."

– MHFA Attendee, December 2024

"Julie is an amazing instructor; her delivery was engaging and easy to understand. I have learnt a lot of new things. Also, very happy that she provided so many extra resources for professional help."

– MHFA Attendee, December 2024



Take the Next Step

Ensure your workplace remains **mentally resilient and well-equipped** to support employees with confidence.

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