MENTAL HEALTH FIRST AID Malaysia



STANDARD MENTAL HEALTH FIRST AID: REFRESHER COURSE

What is Mental Health First Aid (MHFA) Refresher Course?

This course is designed to help MHFAiders revisit key concepts, strengthen their skills, and extend their accreditation.

Topics covered:

- Updates and refreshing knowledge
- MHFA conversation practice
- Sharing of experiences and challenges in practising MHFA

Course Format

The 4-hour Mental Health First Aid (MHFA) Refresher Course is structured into **4 key segments** (introduction, overview of common mental health problems, practical applications, and assessment).

Who can attend?

Any Mental Health First Aiders who **completed their training within the last three years** and wish to refresh their knowledge and skills.

Accreditation

Extend your accreditation for **the next 3 years** by completing the refresher course and an accreditation assessment.

Fees

Individual rate is **RM400.**

* subject to changes

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To register or for more information, contact us at:

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