

MHFAider® Support and Benefits

As an MHFAider® you have three-year access to a range of support and benefits across the Online Learning Hub and the MHFAider Support App®, including functions to support you in your role, a programme of ongoing learning opportunities and exclusive events, and supporting resources.



Digital manual



MHFAider Support App®



Ongoing support and benefits



MHFA Refresher course



Resources

Digital manual

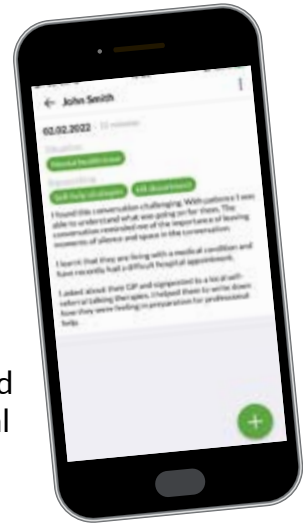
Learners on the Mental Health First Aid (MHFA) course will receive a digital reference manual to support you after you complete your course. The digital manual includes a detailed look at the MHFA action plan and other mental health models, information about common mental health conditions and crises from trusted and up-to-date sources, and best practice for using the MHFA action plan.



MHFAider Support App®

The MHFAider Support App® hosts features and resources to support you in your MHFAider® role, including:

- **Hub of Hope.** A national mental health database of local and national mental health advice and support services. MHFA England have partnered with Hub of Hope so that you can access the database from within the MHFAider Support App®.
- **Reflective note taking.** Record your reflections after an MHFA conversation using the MHFAider Support App® conversations feature. Your reflections are not formal notes but written to remind you of how you felt, anything that concerned you, and any actions you took. You don't need to ask the person's permission to make notes, but it is good practice to explain the benefits of your reflective notes. The benefits are: to support you in processing the conversation and reflecting on how you used your skills, to be a helpful note for any future MHFA conversations, and to better understand the impact of your role by seeing how many MHFA conversations you are having and how long you are spending in the role.
- **Shout's text support service.** You may want support after a challenging MHFA conversation.
- **Resources.** You will find documents, films, and toolkits designed to remind you of important course content and help you to promote positive mental health in your setting.



Ongoing support and benefits

Our courses are more than simply one-off training - we offer a supportive community as part of the three-year support package. MHFAiders® will have access to monthly newsletters and a range of online resources, and role development opportunities, that will aim to increase your confidence and knowledge to have impactful MHFA conversations.



MHFA Refresher course

MHFAiders® are encouraged to take an MHFA Refresher course every three years. Regularly refreshing knowledge and making time to practice skills with others empowers people to perform the role confidently and safely. Taking an MHFA Refresher course also provides a further three years of access to MHFAider® benefits. If it has been three years since you completed your Mental Health First Aid training, speak with your employer about attending a refresher course today.



Resources

Other free digital resources from MHFA England, available on the MHFAider Support App® and Online Learning Hub, include mental health awareness campaigns, self-care and workplace materials and guides.

For more information, [Mental Health at Work](#) host a range of resources on their website for organisations of all sizes.