



MENTAL HEALTH SUPPORT SKILLS REFRESHER TRAINING

INDIANA WORKPLACE WELLNESS TRAINING ACADEMY



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REFRESH SKILLS. BUILD CONFIDENCE. STRENGTHEN SUPPORT AT WORK.

ABOUT THIS TRAINING

This interactive Mental Health Refresher is designed for individuals who have completed Mental Health First Aid (MHFA) and want to strengthen their ability to support mental health in the workplace. Through scenario-based learning, participants reinforce core MHFA skills, practice supportive conversations and apply best practices with greater confidence.

TRAINING DETAILS

- ◆ Duration: two and a half to three hours
- ◆ Prerequisite: prior MHFA (minimum six months up to one year)
- ◆ Format: in-person and on-site delivery
- ◆ Capacity: up to 30 participants
- ◆ Continuing Education Units (CEUs): SHRM and HRCI eligible

WHO SHOULD ATTEND

- ◆ Employees at all levels
- ◆ Supervisors, managers and team leaders
- ◆ HR, safety and wellness professionals

WHAT PARTICIPANTS LEARN

- ◆ Recognize signs of emerging or worsening mental health challenges
- ◆ Apply MHFA support techniques confidently
- ◆ Practice supportive workplace conversations
- ◆ Reinforce best practices for providing support

WHY IT MATTERS

Mental health situations can be complex, and skills can fade without practice. This refresher helps participants strengthen their confidence, reinforce effective response techniques and apply MHFA skills in real workplace situations.

TAKE THE NEXT STEP

- ◆ Click the QR code to view upcoming sessions and register
- ◆ Learn about WCI membership at wellnessindiana.org



Questions? Please contact us at
info@wellnessindiana.org