gsa learning
Learning and Development Consultants

43 Throssell Street CURTIN ACT 2605
M: 0407 434 202
E: gseberry@iimetro.com.au
W: www.gsabiz.com.au

Mental Health First Aid Refresher Training Course

MENTAL HEALTH FIRST AID

What is Mental Health First Aid?

Mental health first aid (MHFA) is the help offered to a person developing a mental health problem, a worsening of an existing mental illness, or experiencing a mental health crisis. MHFA is the help provided *before* appropriate professional help can be obtained.

What is Mental Health First Aid Refresher Training?

The MHFA Refresher Course is a 5 hour face-to-face course that enables people who have previously completed the Standard MHFA course to refresh their knowledge and skills. For people who are accredited MHFAiders, this course offers an opportunity to extend their accreditation for a further 3 years.

GSA / Greg Seberry will be delivering a MHFA Refresher Training Course in Canberra at the Abode Hotel Woden (10 Bowes Street) on:

- **2 December 2026**

  9:00 am to 2:30 pm

MHFA Training Instructor: Greg Seberry

Greg Seberry is a very experienced facilitator, and is accredited to deliver the MHFA and MHFA Refresher training courses. Greg's qualifications include:

Master of Business Administration (MBA)
Graduate Diploma of Education (Adult Learning)
Bachelor of Science (Biochemistry and Physiology)
Certificate IV in Training and Assessment
Mental Health First Aid (MHFA) Instructor Accreditation
Team Management Systems (TMS) Accreditation

Course Registration

Please complete the attached Course Registration Form and e-mail to: gseberry@iimetro.com.au.

Participants receive a copy of the latest MHFA Manual & other printed materials. **Morning tea and lunch are included.**

For more information about Mental Health First Aid (MHFA) training, please call Greg Seberry on 0407 434 202 or e-mail gseberry@iimetro.com.au.

Mental Health First Aid Refresher Training Course

Course Registration Form

Please complete and e-mail to gseberry@iimetro.com.au – thank you.
Our office will contact you to confirm receipt of your Course Registration Form.

Course:	**Mental Health First Aid (MHFA) Refresher Training Course in Canberra – The Abode Hotel Woden** ☐ **2 December 2026 (9:00 am to 2:30 pm)** **Course fee: $280 +GST (includes morning tea and lunch)**
Title:	☐ Ms ☐ Mr ☐ Mrs ☐ Other:
First Name:	
Surname:	
Phone:	
Mobile:	
E-mail:	
Contact Details for Invoicing:	
Emergency Contact Details:	Name: Phone/Mobile:
Special Dietary Requirements:	
Special Needs:	
I accept the terms and conditions outlined below:	
Signature:	

Terms and Conditions

Payment: GSA Learning will issue an invoice upon receipt of this Registration Form. Payment may be made by EFT or credit card (a small credit card admin fee applies).

Cancellation Policy: Cancellation of course registration is accepted more than seven days prior to the workshop date, otherwise another person may be substituted.
When you register, you have purchased a place on the course and date(s) shown above. We suggest that you send a substitute if you can't come at the last minute.

Privacy: GSA Learning will safeguard all personal information in accordance with Commonwealth privacy legislation and privacy principles.