

MENTAL HEALTH TRAINING

Refresher Course



23rd November 2026



Administered by Mental Health expert, Adrian Thomas from health and wellbeing consultancy company, Via Vita.



OVERVIEW

We're delighted to offer this accredited Adult Mental Health Refresher Training Course. Taking place over one half day it is an excellent training to refresh your team members who have previously taken part in mental health training (either with Via Vita or an alternative company).

The course will be held online. An invite will be sent with a link to join nearer the time.

GAIN AWARENESS OF

- Understanding common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

WHO SHOULD JOIN

Any team members who have previously taken part in mental health training. It is recommended that you attend the refresher

course within three years of taking part in the original course.

TIMES

9am-1pm (one half day).

FEES

TSA Members are £100+VAT per person, while non-TSA Members are £200+VAT per person.

PLATFORM

Online via Microsoft Teams

NEXT STEPS

All spaces will be provided on a 'first-come, first-served' basis so don't hang around if you want to register a space.

To book your, or your colleagues, place on this course please email events@tsa-uk.org with your details.