

# Mental Health Education

## Mental Health Issues

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This course will explore what is meant by mental health and the mental health spectrum.

### What are the entry requirements?

No formal qualifications are required to study this course. A willingness to learn is essential.

### Need more information?

You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us [courses@northern.ac.uk](mailto:courses@northern.ac.uk)

## Course description

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This course will explore what is meant by mental health and the mental health spectrum. It will help you to develop an understanding of the different ways in which mental ill health can be managed and how to develop positive mental health strategies.

## What can this course lead to?

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This course is beneficial for those who have been out of education or work for a while and are looking to gain new knowledge and skills. You could progress on to gaining a qualification such as the Level 1 Award in Mental Health Awareness. Our Student Support Services team will work with you to design a personalised learning journey based on your needs and aspirations.

## Want to learn more?

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You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/open-events/>]

## Location

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1-Onsite

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