

# Mental Health Education

## Mental Health Awareness

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### When does this start and end?

We have 2 different start dates for this course:

- 28 February 2025 - 22 March 2025
- 2 June 2025 - 10 June 2025

### 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 raise awareness of the issues surrounding mental health such as: what is mental health and what causes mental health difficulties? The course will dispel some of the myths and misconceptions linked to mental health issues and will enable you to develop a knowledge of the rights of those with mental health issues and where appropriate support can be accessed.

## What can this course lead to?

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This course would enable you to progress onto other Level 2 courses in this area.

## 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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On-site

## **Course session dates**

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Session dates for 28 February 2025 - 22 March 2025

- Friday 28 Feb 2025 to Saturday 01 Mar 2025
- Friday 21 Mar 2025 to Saturday 22 Mar 2025

Session dates for 2 June 2025 - 10 June 2025

- Monday 02 Jun 2025 to Tuesday 03 Jun 2025
- Monday 09 Jun 2025 to Tuesday 10 Jun 2025

Last updated: 28th January 2025