

# Mental Health Education

## Mental Health and Wellbeing

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### When does this start and end?

- 28 April 2025 - 29 April 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 is an initial course to introduce the subject of mental health and wellbeing. It will explore how to recognise signs of mental ill health and positive steps you can take to improve your mental health and well-being.

## What can this course lead to?

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This course will introduce you to the subject of Mental Health and Well-being and will support you to progress on to further short courses including Exploring Mental Health Issues and/or gain qualifications 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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On-site

## **Course session dates**

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Session dates for 28 April 2025 - 29 April 2025

- Monday 28 Apr 2025 to Tuesday 29 Apr 2025

Last updated: 28th March 2025