

# Mental Health Education

## Stress Awareness

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This qualification aims to improve your understanding of stress.

<b>When does this start and end?</b>	<b>What are the entry requirements?</b>	<b>Need more information?</b>
<p>We have 2 different start dates for this course:</p> <ul style="list-style-type: none"><li>• 3 March 2025 - 11 March 2025</li><li>• 12 May 2025 - 20 May 2025</li></ul>	<p>No formal qualifications are required to study this course. A willingness to learn is essential.</p>	<p>You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us <a href="mailto:courses@northern.ac.uk">courses@northern.ac.uk</a></p>

## Course description

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During this short course, you will look at the causes of stress and the effects stress can have on health. You will also learn to recognise the signs and symptoms of stress and look at ways of preventing or reducing stress in everyday life situations. This qualification is suitable for individuals who wish to improve their understanding of stress and its effects on health.

## 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 3 March 2025 - 11 March 2025

- Monday 03 Mar 2025 to Tuesday 04 Mar 2025
- Monday 10 Mar 2025 to Tuesday 11 Mar 2025

Session dates for 12 May 2025 - 20 May 2025

- Monday 12 May 2025 to Tuesday 13 May 2025
- Monday 19 May 2025 to Tuesday 20 May 2025

Last updated: 21st January 2025