

# Mental Health Education

## Exploring Stress Management Techniques

---

### 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:us_courses@northern.ac.uk)

## Course description

---

This course will explore the causes of personal stress and the impacts of stress on health and well-being, and go on to consider some of the coping strategies that can be used to develop personal resilience.

## What can this course lead to?

---

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 further gain a qualification such as the Level 1 Award in Personal Wellbeing. 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?

---

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

## Location

---

Northern College, Yorkshire [<https://www.northern.ac.uk/contact-us/>]

## Course fees and funding support

---

You may be eligible to study for free if you are unemployed, on certain benefits, or earn £18,525 a year or less (£19,305 for residents in West Yorkshire Combined Authority). We can confirm when you apply or contact our Student Support Services team to learn more.

## Course fees and funding support

---

You may be eligible to study for free if you are unemployed, on certain benefits, or earn £18,525 a year or less (£19,305 for residents in West Yorkshire Combined Authority). We can confirm when you apply or contact our Student Support Services team to learn more.

**£50.00**

Last updated: 10th November 2022