

# Health & Social Care

## Understanding Stress and Anxiety

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### When does this start and end?

- 2 February 2023 - 3 February 2023

### 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 which will explore the subject of stress, including the signs and symptoms of stress and introduce stress management techniques.

## 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 further short courses including Exploring Stress Management Techniques and/or a qualification course 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?

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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/about-us/open-events/>]

## Location

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

## Course fees and funding support

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## Course session dates

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Session dates for 2 February 2023 - 3 February 2023

- Thursday 02 Feb 2023 to Thursday 02 Feb 2023

## Course fees and funding support

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FREE\*

\* [This course is fully funded for eligible students.](#)

If you are not eligible, the cost of the course is £25.00. If you choose to stay residentially, and you are not eligible via the residential funding assessment, there will be an additional fee to pay. The vast majority of students are eligible to study and stay residentially for free and we will confirm when you apply.

**Last updated:** 7th October 2022