

Mental Health Education

Mental Health Awareness

When does this start and end?

We have 2 different start dates for this course:

- 13 October 2025 - 21 October 2025
- 2 March 2026 - 10 March 2026

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

Course description

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?

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

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/open-events/>]

Course session dates

Session dates for 13 October 2025 - 21 October 2025

- Monday 13 Oct 2025 to Tuesday 14 Oct 2025
- Monday 20 Oct 2025 to Tuesday 21 Oct 2025

Session dates for 2 March 2026 - 10 March 2026

- Monday 02 Mar 2026 to Tuesday 03 Mar 2026
- Monday 09 Mar 2026 to Tuesday 10 Mar 2026

Last updated: 17th August 2025