

# Mental Health Education

## Mental Health and Well-being

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### When does this start and end?

We have 2 different start dates for this course:

- 14 January 2023 - 15 January 2023
- 20 May 2023 - 21 May 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 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/about-us/open-events/>]

## Location

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Onsite

## Course fees and funding support

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## Course session dates

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Session dates for 14 January 2023 - 15 January 2023

- Saturday 14 Jan 2023 to Sunday 15 Jan 2023

Session dates for 20 May 2023 - 21 May 2023

- Saturday 20 May 2023 to Sunday 21 May 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:** 1st December 2022