

Mental Health Education

Mental Health and Wellbeing

When does this start and end?

We have 4 different dates for this one-day course:

- 7 May 2026
- 16 May 2026 - 17 May 2026
- 11 July 2026 - 12 July 2026
- 23 July 2026 - 24 July 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 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?

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?

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

This is a one-day course for

- 7 May 2026

Session dates for 16 May 2026 - 17 May 2026

- Saturday 16 May 2026 to Sunday 17 May 2026

Session dates for 11 July 2026 - 12 July 2026

- Saturday 11 Jul 2026 to Sunday 12 Jul 2026

Session dates for 23 July 2026 - 24 July 2026

- Thursday 23 Jul 2026 to Friday 24 Jul 2026

Last updated: 13th April 2026