

Mental Health Education

Management Techniques for Stress & Anxiety

When does this start and end?

- 26 February 2026 - 27 February 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 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/open-events/>]

Course session dates

Session dates for 26 February 2026 - 27 February 2026

- Thursday 26 Feb 2026 to Friday 27 Feb 2026

Last updated: 12th December 2025