

# Mental Health Education

## Management Techniques for Stress & Anxiety

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### When does this start and end?

We have 2 different start dates for this course:

- 26 January 2026 - 27 January 2026
- 29 September 2025 - 30 September 2025

### 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 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?

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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 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?

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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/open-events/>]

## Course session dates

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Session dates for 26 January 2026 - 27 January 2026

- Monday 26 Jan 2026 to Tuesday 27 Jan 2026

Session dates for 29 September 2025 - 30 September 2025

- Monday 29 Sep 2025 to Tuesday 30 Sep 2025

**Last updated:** 13th August 2025