

# Mental Health Education

## Management Techniques for Stress & Anxiety

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When does this start and end?	What are the entry requirements?	Need more information?
<ul style="list-style-type: none"><li>• 17 June 2024 - 18 June 2024</li></ul>	No formal qualifications are required to study this course. A willingness to learn is essential.	You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us <a href="mailto:courses@northern.ac.uk">courses@northern.ac.uk</a>

### 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/>]

### Location

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1-Onsite

## **Course session dates**

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Session dates for 17 June 2024 - 18 June 2024

- Monday 17 Jun 2024 to Tuesday 18 Jun 2024

Last updated: 21st April 2024