

# Social Studies

## Psychology of Health, Happiness and Wellbeing

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The aim of this course is to provide an insight as to how the mind (psychology) can affect a person's health and well-being.

When does this start and end?	What are the entry requirements?	Need more information?
<ul style="list-style-type: none"><li>• 12 February 2026 - 13 February 2026</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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The course will provide an understanding about what 'health' and 'well-being' is, and how your mental state (e.g. mood, emotions) can impact positively and negatively upon health and wellbeing.

### 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 short courses and then to gaining a qualification. 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 12 February 2026 - 13 February 2026

- Thursday 12 Feb 2026 to Friday 13 Feb 2026

**Last updated:** 8th December 2025