

Mental Health Education

Stress Awareness

This qualification aims to improve your understanding of stress.

When does this start and end?	What are the entry requirements?	Need more information?
<p>We have 2 different start dates for this course:</p> <ul style="list-style-type: none">• 3 November 2025 - 11 November 2025• 16 March 2026 - 24 March 2026	<p>No formal qualifications are required to study this course. A willingness to learn is essential.</p>	<p>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</p>

Course description

During this short course, you will look at the causes of stress and the effects stress can have on health. You will also learn to recognise the signs and symptoms of stress and look at ways of preventing or reducing stress in everyday life situations. This qualification is suitable for individuals who wish to improve their understanding of stress and its effects on health.

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 3 November 2025 - 11 November 2025

- Monday 03 Nov 2025 to Tuesday 04 Nov 2025
- Monday 10 Nov 2025 to Tuesday 11 Nov 2025

Session dates for 16 March 2026 - 24 March 2026

- Monday 16 Mar 2026 to Tuesday 17 Mar 2026
- Monday 23 Mar 2026 to Tuesday 24 Mar 2026

Last updated: 17th August 2025