

Mental Health Education

Stress Awareness

This qualification aims to improve your understanding of stress.

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

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/>]

Location

On-site

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