

# Mental Health Education

## Stress Awareness

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This qualification aims to improve your understanding of stress.

When does this start and end?	What are the entry requirements?	Need more information?
<ul style="list-style-type: none"><li>16 March 2026 - 24 March 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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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?

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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 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:** 8th December 2025