

Mental Health

Mental Health Awareness - Supporting Adults

Would you like to learn how to support adults with mental health difficulties?

Why not join our FREE ONLINE course?

This online course will help you to understand:

- The concept of mental health
- Common mental health problems - causes and effects
- How to support adults with mental health difficulties

You will have access to your teacher on a weekly basis through Skype, email and Google Classroom as well as the opportunity to contribute to group discussions across the County. You will be given tasks to complete at each session and instructions and online demonstrations will be provided.

Starting 17th June every Wednesday for 3 weeks 11:00 - 14:00

Book now to reserve your place