

Mental health awareness

WEA Adult Learning
Within Reach



Mental health awareness

Currently being delivered Online this workshop is one of a suite of courses WEA offer around Mental Health and Wellbeing.

At Introductory level this course does not assume any prior knowledge or training on mental health. Participants will develop an understanding of mental health awareness and the impact it can have if left unchecked. There is a particular focus on learning around issues people are currently experiencing due to the pandemic.

Areas covered and discussed include: what is mental health and why does it matter; the impact of ill-health and how it affects us; mental health conditions - with a focus on stress, anxiety and depression; feelings, thoughts and behaviours; what is recovery; getting and staying well; self-care and mindfulness.

Learners: Anyone interested in learning more about this important area

Duration: Half-day

Tailored workplace learning: To discuss how this course could be tailored to meet your needs and get a quote for course delivery, please email Archie Campbell a.campbell@wea.org.uk or Janice Wimpenny j.wimpenny@wea.org.uk or call **0131 226 3456**.

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