



## Mental Health Awareness

This half day course raises awareness around Mental Health.

Course Code: UXPKTE08

Start Date: Sat 6 June 2020

Weeks: 1

Time: 09:30 - 12:30

Fee: £15 \*

## Overview

This course is ideal for anyone who has an interest in mental health or has experienced changes in their own mental health. The aim is to provide you with some further information and ideas for maintaining good mental health. You will discover how you can challenge stigma and learn basic information on some of the more common mental health issues and give you confidence to listen to and support others.

Feel free to take your own notes.

Group activities will take place during the half day.

## Academic Progression

- MHFA Mental Health Champion
- Mental Health First Aid

\* Fee remission available on this course