Mental Health Awareness

Lancaster & Morecambe College

Half day course • 12:30pm to 5pm

This is a half day course designed to increase mental health awareness and give an understanding of how to look after wellbeing and challenge stigma.

What's covered

- Mental health
- Factors that affect mental health
- Stigma
- Stress and stress management
- Spotting signs of distress
- Mental health conditions
- Recovery
- My mental health toolkit

Taking part in this course will raise your awareness and mental health literacy, reduce stigma around mental ill-health, boost knowledge and confidence in dealing with mental health issues and promotes early intervention which enables recovery.

For further information contact

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or 01524 521292



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