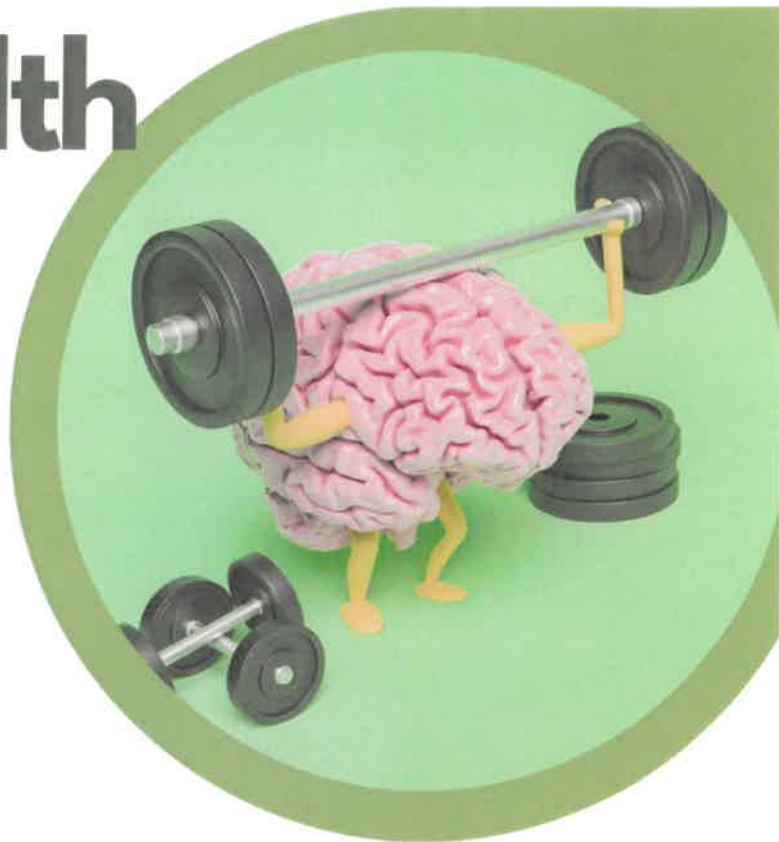


Mental Health And Social Wellbeing

Free Learning Course



What You'll Learn

- £ Recognise mental health conditions.
- £ Understand the importance of social wellbeing to support mental health emotions
- £ Understand what mental health is, and why mental health conditions develop.
- £ Recognise and manage stress with tips on reducing stress levels.
- £ Understand how simple exercises and keeping active can have an impact on **your** mental health and wellbeing.

This is a free 2 day course and will be delivered in small groups in County Durham.

Contact us for more information

Info@coolbluecollege.com

www.coolbluecollege.com

0191 510 0414


anytime, anywhere



FOR THE FUTURE
**COOL BLUE
COLLEGE**