



# Family Adult Community Education Service

## Mental Health and Wellbeing course

(accredited at Entry 3)

**On this course you will learn about mental health, how to support someone else, and strategies on how to manage mental health.**

### Topics will include:

- Defining mental health
- Emotions
- Lifestyle
- Stress
- Supporting someone with mental health issues
- Seeking professional help
- Local sources of support

### Entry Requirements:

- Must have an Entry 3 English qualification or score at Entry 3 level in English on the assessment day.
- Must be aged 19+
- Must be in receipt of benefits for free course



**Where?** Darnall Primary Care 290 Main Rd, Darnall, Sheffield S9 4QH

**When?** 22/04 /26 – 15/7/26

**What time?** 3 – 5 PM

**Enrolment:** Wednesday 15<sup>th</sup> April from 3 - 5 PM

**\*\*(Please bring ID and proof of income to the enrolment)\*\***

<https://lifelong-learning.sheffield.gov.uk/>



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