



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 15th 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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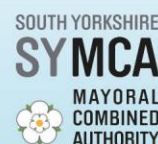
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