

Course details

Course title

Personal Development: Understanding Common Mental Health Conditions

Course code

Q00016664

Course date

Start: 08/01/25

End: 12/02/25

Number of classes

12 sessions

Timetable

Wed 8th Jan, 13:00 to 15:00

Wed 8th Jan, 13:00 to 15:00

Wed 15th Jan, 13:00 to 15:00

Wed 15th Jan, 13:00 to 15:00

Wed 22nd Jan, 13:00 to 15:00

Wed 22nd Jan, 13:00 to 15:00

Wed 29th Jan, 13:00 to 15:00

Wed 29th Jan, 13:00 to 15:00

Wed 5th Feb, 13:00 to 15:00

Wed 5th Feb, 13:00 to 15:00

Wed 12th Feb, 13:00 to 15:00

Wed 12th Feb, 13:00 to 15:00

Tutor

Caroline Smy

Fee range

Free to £50.40

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

KCU Ltd at Fuller Church (Kettering)

51 Gold Street

Kettering

NN16 8JB

Level of study

Beginners

Course overview

This 6-week course equips you with the knowledge and confidence to navigate the world of mental health. You'll explore the mental health continuum, identify common conditions like stress, anxiety, depression, and OCD, and learn how to support yourself and others.

Course description

Who Should Take This Course?

This course is open to anyone who wants to increase their awareness of mental health and gain valuable tools to support themselves and others.

What Will You Learn?

We'll begin by demystifying the concept of mental health, exploring the spectrum of wellbeing and the importance of seeking help when needed.

- The Mental Health Continuum: Understand how mental health fluctuates and identify signs that might indicate a need for support.
- Common Mental Health Conditions: Learn the characteristics of stress, anxiety, depression, OCD, and other prevalent conditions.

- **Building Resilience:** Explore proactive strategies to maintain positive mental well-being and develop self-care practices.
- **Signposting for Support:** Discover resources and support networks to guide others towards professional help if needed.
- **Experienced Guidance:** Our qualified tutor, with a background in mental health, will lead you through interactive discussions, case studies, and group activities.
- **Course Outcome:** By the end of the course, you'll create a clear and informative poster serving as a mental health signposting resource.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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