

## L1 Award in Mental Health and Wellbeing

### Course Code

WEL/L1MHWB/24/3/K

### Time and duration

Start Date: 22 April 2025

Start Time: 16:00

Weeks: 4

### Location

Kingsway Learning Centre

Victoria Road

Widnes

WA8 7QY

### Duration

4 weeks

### Time

4.30pm to 6.30 pm

### Description

This 4 weeks accredited evening course is designed to give you an understanding of mental health and wellbeing and how to manage the different factors that may affect our own wellbeing.

### Topics Covered

The meaning of mental health and wellbeing

Factors that may affect our own wellbeing

Mental Health and support services available locally

### Eligibility

Contact the team for information

### Cost

Free

### Contact the team

0151 511 7788

adult.learning@halton.gov.uk