

Level 2 Mental Health and Wellbeing

Course Code

WEL/L2MHWB/24/3/K

Time and duration

Start Date: 03 June 2025

Start Time: 16:00

Weeks: 7

Location

Kingsway Learning Centre

Victoria Road

Widnes

WA8 7QY

Duration

7 weeks

Time

4,30pm - 6.30 pm

Description

A level 2 accredited course designed to develop your knowledge and understanding of mental health and the factors that might affect our wellbeing.

Topics Covered

Mental health is just as important as physical health. It affects how we think, feel and act. Taking care of our mental health is essential for overall wellbeing.

This course is designed to help you to identify the factors that may impact on our mental health and wellbeing and to explore strategies to support your own wellbeing.

Cost

This course is free

Eligibility

Eligibility applies please contact the team for information

Contact the Team

0151 511 7788

adult.learning@halton.gov.uk