

TAKE CONTROL

HULL
Training & Adult Education

16-29 years old?
It's your life,
it's your future

Text or call 07725 557 184

Or call (01482) 616 051

email YEI-HTAE@hullcc.gov.uk

and take control of your future.

Understanding Mental Health 5 Week Course Starts 18 March 2020

Take Control at Hull Training is offering a short five week classroom based course in Understanding Mental Health aimed at anybody wanting to gain an initial understanding of this increasingly current and in demand topic.

- Week One- Introduction and getting to know each other
- Week Two- What is mental health?
- Week Three- Mental health in society
- Week Four- Maintaining positive wellbeing
- Week Five- Employability and careers

This course has direct links to nursing, counselling and teaching as well as general wellbeing. With mental health becoming a more recognised issue in society and the workplace it could be the first steps onto a new and rewarding career path!



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www.hcctraining.ac.uk



HLC Humber
Learning
Consortium
Passionate about learning



European Union
European
Social Fund

 **COMMUNITY
FUND**

Humber Learning Consortium is the lead partner for the Springboard Hull and Humber partnership project, providing specialist support and training for young people to access work and learning. This activity is part financed by the European Union through the European Social Fund and supported by the Youth Employment Initiative and This-Ability on behalf of The National Lottery Community Fund.