

Wherever you are, the WEA is there with you.

Would you like to improve your own wellbeing and resilience and help support those around you?

How about a **Level 1 Award in Mental Health Awareness**

Learn from the comfort of your own home online using zoom and our online learning platform

Learn how to improve your own wellbeing and resilience in challenging times, to support others with their mental wellbeing or to gain a valuable qualification, and developing new skills to take the first steps into voluntary or paid work in the mental health field.

Sessions to run every Monday for 3 weeks 9:30 - 3:30
Starting 4th July 2022

A short initial assessment needs to be completed before a place is allocated

Course fee: Free (subject to status)
For more information, please email manchesterskills@wea.org.uk or call 0161 696 5474 and quote ref C3847769



The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).