

FREE Mental Health Courses



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-496231-z>

We are offering FREE Mental Health awareness and first aid courses in January and February for Eastbourne residents. By the end of the course learners will be able to:

- Define mental health and some common mental health issues
 - Identify stigma and discrimination surrounding mental health issues
 - Relate to people's experiences and support people in distress
 - Look after your own mental health. All learners that complete a course will receive a recognised certificate.
- 19th + 20th January 2 day course 9am to 5 pm (First Aid)
 24th January 1.30pm -4.30pm
 25th January 9am-12am
 25th January 1:30pm – 4:30pm
 30th January 9am - 12am
 31st January 9am – 12am
 31st January 1:30pm – 4:30pm
 9th February 10am – 1pm
 13th February 1pm – 4pm
 14th February 1:30pm – 4:30pm
 20th February 9:30 - 5:00pm 21st February 9:30 - 5:00pm ;



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