

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

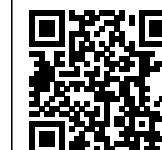
31st January 1:30pm – 4:30pm

9th February 10am – 1pm

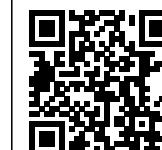
13th February 1pm – 4pm

14th February 1:30pm – 4:30pm

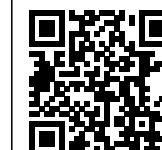
20th February 9:30 - 5:00pm 21st February 9:30 - 5:00pm ;



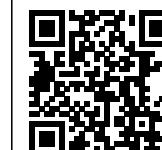
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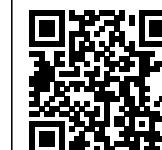
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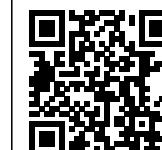
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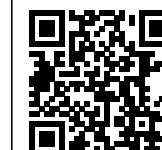
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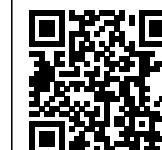
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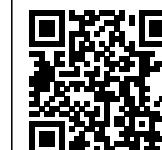
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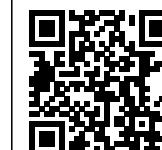
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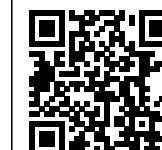
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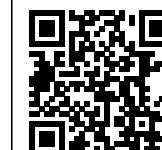
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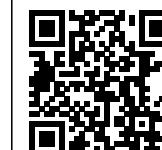
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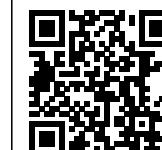
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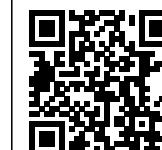
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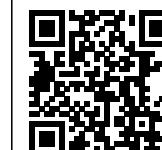
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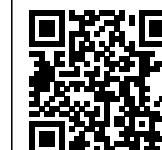
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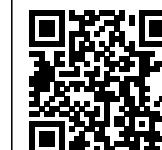
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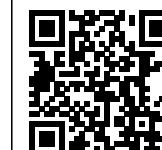
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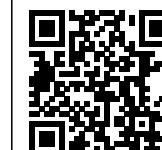
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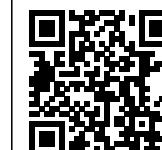
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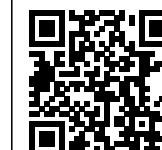
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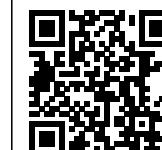
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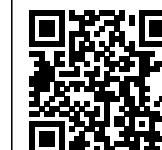
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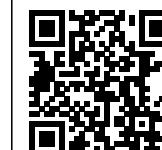
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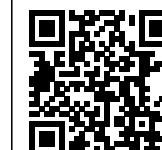
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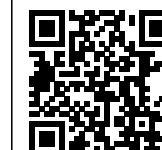
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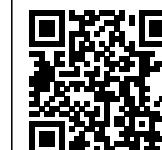
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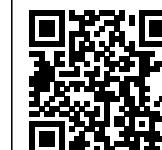
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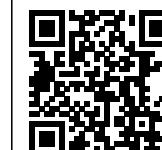
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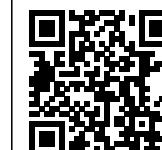
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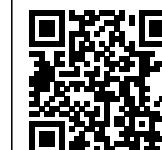
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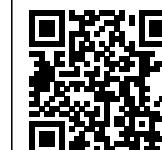
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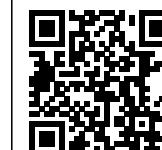
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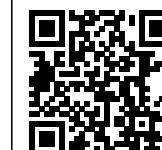
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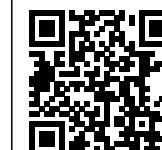
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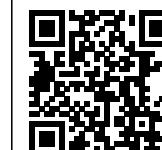
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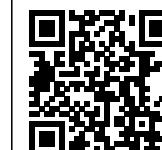
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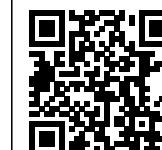
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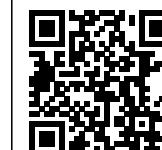
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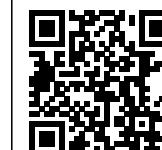
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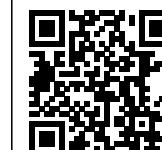
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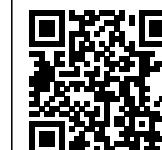
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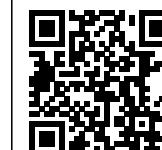
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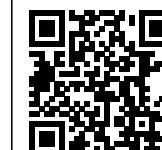
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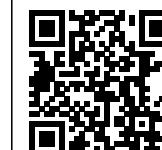
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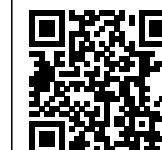
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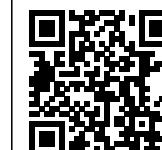
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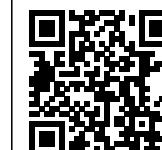
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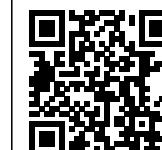
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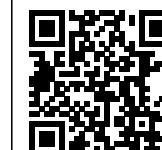
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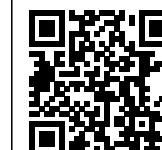
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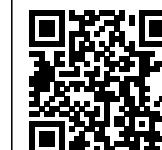
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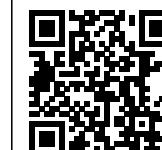
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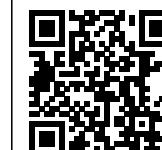
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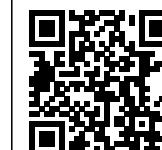
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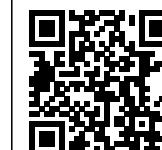
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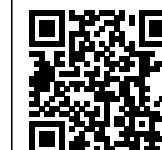
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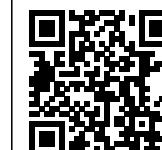
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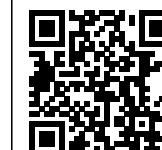
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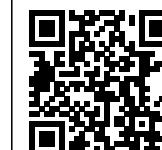
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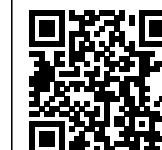
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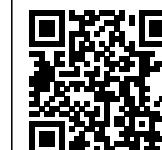
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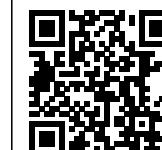
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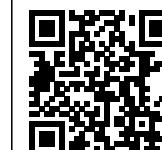
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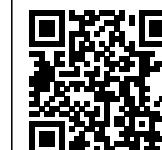
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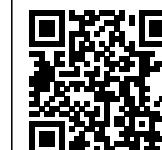
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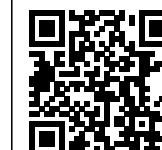
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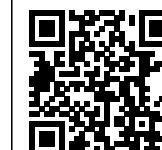
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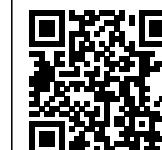
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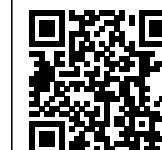
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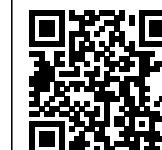
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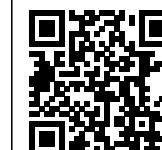
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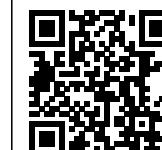
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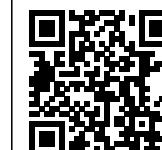
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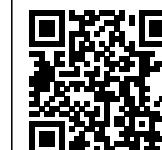
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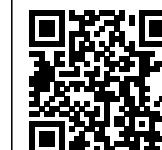
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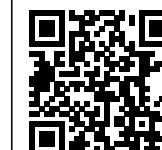
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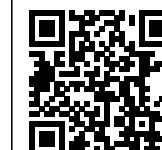
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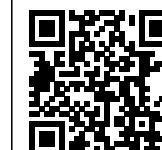
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