

# 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

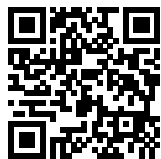
14th February 1:30pm – 4:30pm

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



FREE Mental Health Courses

<https://www.freeadsz.co.uk/x-496231-z>



FREE Mental Health Courses

<https://www.freeadsz.co.uk/x-496231-z>



FREE Mental Health Courses

<https://www.freeadsz.co.uk/x-496231-z>



FREE Mental Health Courses

<https://www.freeadsz.co.uk/x-496231-z>



FREE Mental Health Courses

<https://www.freeadsz.co.uk/x-496231-z>



FREE Mental Health Courses

<https://www.freeadsz.co.uk/x-496231-z>



FREE Mental Health Courses

<https://www.freeadsz.co.uk/x-496231-z>



FREE Mental Health Courses

<https://www.freeadsz.co.uk/x-496231-z>



FREE Mental Health Courses

<https://www.freeadsz.co.uk/x-496231-z>



FREE Mental Health Courses

<https://www.freeadsz.co.uk/x-496231-z>