E ADULT SKILLS TRAINING AND EMPLOYMENT

MENTAL WELLBEING Entry Level (Entry 3) qualification

The Entry Level (Entry 3) qualification provides an introduction to mental wellbeing: what constitutes good mental health and mental ill-health; how to keep mentally healthy; how to recognise deteriorating mental health and support friends and family with mental health issues; how to access available support.

For more information Starting soon CALL: 07483 068939 EMAIL: ASTE@DARLINGTON.AC.UK

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