



## Course details

### Course title

Managing Your Own Mental Health

### Course code

Q00027536

### Course date

Start: 13/11/26

End: 04/12/26

### Number of classes

4 sessions

### Timetable

Fri 13th Nov, 9:30 to 12:30

Fri 20th Nov, 9:30 to 12:30

Fri 27th Nov, 9:30 to 12:30

Fri 4th Dec, 9:30 to 12:30

### Tutor

TBC T.B.C

### Fee range

Funding available - £96.00

### How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

### Venue

Whitehawk  
Whitehawk Road  
Brighton and Hove  
BN2 5NS

## **Level of study**

Beginners

## **Course overview**

This course is funded by the Department for Education and only open to residents living in non devolved authorities. This course helps you understand your mental health and learn simple, practical ways to look after yourself. You will explore what mental health means using clear NHS guidance, and you will talk about common issues like stress, anxiety, and low mood. You will try easy self help tools such as breathing exercises, grounding techniques, and short wellbeing activities recommended by the NHS. You will also learn how to spot early warning signs, choose small everyday actions that improve your mood, and find safe, trusted sources of support. By the end of the course, you will feel more confident using practical skills to manage your own mental health.

## **Course description**

This course helps you understand your mental health and learn simple, everyday ways to look after your wellbeing. It is designed for anyone who wants practical tools they can use in real life, without needing a full wellbeing plan or complicated routines. You will explore what mental health is, how it affects your daily life, and why common experiences like stress, worry, and low mood can build up over time.

You will try easy, evidence based techniques recommended by trusted UK health organisations. These include simple breathing exercises to help calm your body in stressful moments, and grounding techniques for times when your thoughts feel overwhelming. You will also learn small habits that support good mental health, such as taking short walks, creating a regular sleep routine, or adding brief “switch off” breaks into your day.

You will learn how to spot your own early warning signs—such as changes in sleep, feeling irritable, or avoiding people—and understand what these signs might mean. You will also explore where to find safe, reliable support, whether online, in your community, or through health services, so you know what to do if you need extra help.

By the end of the course, you will feel more confident using simple tools to manage your mental wellbeing.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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