

GoLearn!

Leicestershire Adult Learning Service



Better Mental Health

Better mental health courses are designed to give you the opportunity to develop skills and knowledge that can be used to support good mental health.



Visit our
website



www.GoLearnLeicestershire.ac.uk

Whether you would like to improve your mental wellbeing, maintain good mental wellbeing or learn something new about mental health we have a course to suit you.

Courses include a variety of engaging learning activities and resources with the emphasis on being able to use what you learn in everyday life. Your individual wellbeing goals will be included in a personalised learning plan that is tailored to you. Joining a course gives you the opportunity to learn with others in a safe, supportive and inclusive learning environment.

Following these courses you might continue your learning journey with further courses, volunteering or employment.

Better Mental Health Courses

Course	No. of Weeks	Hours per week	Online	Classroom Based	Cost
Learning for Confidence and Better Mental Health	10 weeks	2 hrs	Y	Y	£FREE
<p>This course is delivered with the aim of developing your skills and knowledge to improve or maintain good mental health and wellbeing with the emphasis on being able to use what you learn in everyday life. You will be part of a small group of learners in safe, supportive and inclusive groups with learning personalised to suit your needs. Our courses include topics such as the 5 ways to wellbeing, mindfulness, resilience, personal wellbeing, motivation, goal setting, all delivered using a variety of engaging learning activities.</p>					
Mindfulness for Life	8 weeks	2 hrs	Y	Y	£88.00 Full fee
<p>This course provides a highly accessible, engaging and practical introduction to mindfulness. You will learn skills to enable you to apply mindfulness to your life, to focus your attention and make skilful, mindful choices. You will develop knowledge and learn strategies to improve wellbeing and resilience to stress. Mindfulness can help you to manage aspects of your life which may be painful or difficult and to appreciate the pleasant things in your life more fully, offering you a wider perspective.</p> <p>Fee remission is available for learners in receipt of certain benefits or on a low income. Call us on FREEphone 0800 988 0308 for more information.</p>					

Course	No. of Weeks	Hours per week	Online	Classroom Based	Cost
Introduction to Mindfulness	1 week	2 hrs	Y	Y	£FREE
Find out what mindfulness is, the benefits of mindfulness and learn some basic techniques for everyday use					
Sleep and Wellbeing	1 week	2 hrs	Y	Y	£FREE
On this course you will discover the links between sleep and wellbeing, recognise healthy sleep habits and consider actions that may support improved sleep.					
Coping With Change	1 week	2 hrs	Y	Y	£FREE
Consider the impact that change can have on wellbeing and learn strategies to cope with change positively					
Introduction to Self-Care	1 week	2 hrs	Y	Y	£FREE
Understand the benefits of self-care and identify ways to incorporate self-care into everyday life					
Positive Wellbeing Goals	1 week	2 hrs	Y	Y	£FREE
Reflect on what helps to maintain your own wellbeing and develop a personal wellbeing action plan with small step challenges					
5 Ways to Wellbeing	1 week	2 hrs	Y	Y	£FREE
Learn about the 5 key activities that research has shown can boost wellbeing and good mental health					
Connecting With Nature	1 week	2hrs	Y	Y	£FREE
Develop an understanding of how relating to, and experiencing nature through simple activities can lead to improved wellbeing					

“I have learnt to cope better with my mental health and to be more positive about the future. I would definitely recommend the course to family and friends.”

For more information on our Better Mental Health courses you can:

Scan the QR code below to visit us online at www.GoLearnLeicestershire.ac.uk.

Call us on FREEphone 0800 988 0308 to speak to a member of the Enrolment Team.

Visit one of our Enrolment Centres in-person to discuss courses and enrol face-to-face. Details of our centres are available on our website at www.GoLearnLeicestershire.ac.uk/venues.

Email us at adult.learning@leics.gov.uk to request information or arrange a time for our team to get in touch.



Check out our new website
www.GoLearnLeicestershire.ac.uk

Get in touch by phone
FREEphone **0800 988 0308**

Why not connect with us on socials
Search for **#LeicsGoLearn**



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In need of some direction?

If you need help understanding your learning, training, career, work or life goals, get in contact with us to book an appointment with one of our Learning and Work Advisors today! One-to-one information, advice and guidance sessions are completely FREE and impartial.

