

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](http://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](http://www.GoLearnLeicestershire.ac.uk/venues).

Email us at [adult.learning@leics.gov.uk](mailto: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](http://www.GoLearnLeicestershire.ac.uk)

Get in touch by phone  
FREEphone 0800 988 0308

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# 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



## 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
<b>Learning for Confidence and Better Mental Health</b>	10 weeks	2 hrs	Y	Y
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.				
<b>Mindfulness for Life</b>	8 weeks	2 hrs	Y	Y
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.				
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.				
<b>Introduction to Mindfulness</b>	1 week	2 hrs	Y	Y

Course	No. of Weeks	Hours per week	Online	Classroom Based
Find out what mindfulness is, the benefits of mindfulness and learn some basic techniques for everyday use.				
<b>Sleep and Wellbeing</b>	1 week	2 hrs	Y	Y
On this course you will discover the links between sleep and wellbeing, recognise healthy sleep habits and consider actions that may support improved sleep.				
<b>Coping With Change</b>	1 week	2 hrs	Y	Y
Consider the impact that change can have on wellbeing and learn strategies to cope with change positively.				
<b>5 Ways to Wellbeing</b>	5 week	2 hrs	Y	Y
Learn about the 5 key activities that research has shown can boost wellbeing and good mental health.				
<b>Connecting With Nature</b>	1 week	2hrs	Y	Y
Develop an understanding of how relating to, and experiencing nature through simple activities can lead to improved wellbeing.				
<b>Mindfulness: Finding Peace in a Frantic World</b>	5 weeks	2hrs	Y	Y
This course offers an engaging and practical introduction to mindfulness especially for beginners and those with busy lives and limited time.				
<b>Mindfulness for Relaxation</b>	1 week	4hrs	N	Y
This Saturday session covers a brief background to mindfulness and explores some of the different ways to practice mindfulness.				
<b>Mindfulness: Finding Calm at Christmas</b>	1 week	2hrs	N	Y
This session covers a brief background to mindfulness, explores some of the different ways to practice mindfulness and introduces a few simple techniques for moments of mindfulness at one of the busiest times of year!				
<b>Social Media and Wellbeing</b>	1 week	2hrs	Y	Y
Explore the impact, both positive and negative, that social media and online activity can have on mental health.				
<b>Stress, Burnout and Self-Care</b>	1 week	2hrs	Y	Y
Developing self-care strategies can help manage stress, lead to improved resilience and provide benefits to ourselves and those around us. This session covers what stress is, the indicators of stress and burnout, then moves on to explore ways to fit self-care into everyday life.				