INTRODUCTION TO MENTAL HEALTH

with Wirral Met College

This course will introduce you to the topic of mental health. We will explore a range of different mental health disorders including depression, anxiety and schizophrenia. Understand possible causes of mental health challenges and treatment options. You will leave this course with a good understanding of mental health challenges which you may use to help yourself or others.

This course is free to complete and won't affect your benefits.

Course Details:

1pm - 3pm
Thursday 9th May - 23rd May 2024

Book your place with the Spider Project

3 WEEK COURSE

WirralMet

WIRRAL SPIDER PROJECT

Spider Project, 56 Hamilton Street, Birkenhead, CH41 5HZ