

LEARNING FOR CONFIDENCE AND BETTER MENTAL HEALTH (ONLINE DELIVERY)

01. Who is this course for?

Learning for Confidence and Better Mental Health courses are designed for adults experiencing or recovering from mental ill health. Course content is planned with the aim of developing your skills and knowledge to improve your 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. Towards the end of the course we invite our Learning and Work Advisors to come and talk to groups about the options available to individuals and identify next steps. 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.

02. What will I learn?

Promoting good mental health through learning:

- Learning new skills and strategies to support mental wellbeing
- Gaining knowledge of how to improve and maintain mental wellbeing
- Developing a positive outlook
- Building confidence and self esteem
- Moving towards work, volunteering or further learning
- Connecting with other people and the local community

03. How will I learn?

You will have an individual learning plan which will be personalised to meet your identified learning goals. During the course the Tutor will talk with you about your learning and next steps.

04. What will I need to bring?

For online sessions you will need a computer, laptop or tablet at home. You will need speakers so that you can hear what the Tutor is saying. You might find it easier to have a headset/headphones to help you listen and speak if you wish but this is not essential. You may also be able to use a mobile phone to take part in the session but you may not be able to join in with some of the interactive activities. You will not need a webcam to take part in this session. You will be sent an electronic invite to join the online session, this will be sent a few days before the session date with further instructions.

08. How will I be supported in my learning?

We offer support to help people with learning difficulties and/or disabilities. If you have a disability, learning difficulty, health problem or mental health difficulty that may affect your learning or participation, please contact us for further advice. Once you start the course, if you have further queries and/or support needs, please talk to the Tutor.