

Mental Health for you and others

FREE

A FREE course dedicated to helping you support your own mental health and the mental health of others.

This course will help raise your awareness of mental health issues and offer insight into ways of coping with challenges.

**Over a 3-hour session,
we will cover:**

- What is mental health?
- Perceptions associated with mental health
- What does good mental health look like?
- Influences on mental health
- Coping mechanisms
- Practical breathing & relaxation techniques
- Mental health in others
- What to do in a crisis
- Resources

Thursday 12th December

**Birkby Infant and
Nursery School**

9.00am - 12.00pm

To book, please enquire at
reception - spaces are limited.



**Come along to learn, share and gain
confidence in how to support yourself
and those around you.**

**Wellness: it starts with
you**



**FOR MORE
INFORMATION:**

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