

# Strategies for Mental Health & Stress Workshop - Tailored Learning

Course Name	Start Date	End Date	Site	Total Fees
Strategies for Mental Health & Stress Workshop - Ashby Hub - Wednesday Morning - Tailored Learning	13/05/2026	13/05/2026	Ashby Community Hub	0.00

## Course Description

### Content & Overview

As part of Mental Health Awareness Week 2026, this workshop explores different strategies and techniques you can use to improve your mental health and reduce stress. You'll discover how you can learn new coping strategies and how to apply these to your daily life.

### Course Details

You will learn:

- o About Mental Health Awareness Week 2026
- o Unhealthy vs Healthy Strategies
- o Practical ways to help with stress
- o Visualisations to help with stress

### Entry requirements

Before starting a workshop, you will be asked questions to determine your eligibility. You must be aged 19+ on 31 August 2025 and be a UK resident to join this workshop & be eligible for funding.

### Delivery Method

Face to face

### **Progression route**

You may wish to take part in the second Mental Health Awareness Week workshop: Mental Health & Stress Strategies. You can also progress onto further wellbeing and personal development courses such as Building Confidence for Life, Coping with Change, Stress Less or Developing Your Positive Mindset.

You may also wish to take next steps into:

Studying English

Studying Maths

Studying Digital Skills

Studying industry specific employability courses

We have a dedicated Careers and Employability Coordinator who can support you to plan for these, as well as discussions with your tutor.

**DISCLAIMER:** When applying for this course, you must provide evidence to confirm eligibility for funding, proof of ID and full address. Applying for a course does not mean you are automatically enrolled. You must be 19+ on 31 August 2025 and a UK resident.

Our dedicated team will be happy to help – just call us on 01724 297146 or contact using this link:-

<https://northlincsadulteducation.co.uk/contact>