



**EAST
SUSSEX
COLLEGE**

GAIN A LEVEL 2 QUALIFICATION OVER 3 SESSIONS

MINDS MATTER

A FREE COURSE SUPPORTING THOSE BOTH IN AND OUT OF EMPLOYMENT

**2ND JUNE 2025
9TH JUNE 2025
16TH JUNE 2025**

9:30AM - 2:30PM

**3A HAMPDEN RETAIL PARK
EASTBOURNE
EAST SUSSEX
BN23 6QU**

MENTAL HEALTH TRAINING

**3 X SESSIONS FACE TO FACE
HELP & GUIDANCE THROUGHOUT
ONLINE ASSESSMENTS**



EXPLORE THE TYPES OF MENTAL HEALTH

INTRODUCTION TO FACTORS THAT CONTRIBUTE TO
DIFFERENT TYPES OF MENTAL HEALTH



SUPPORT INDIVIDUALS WITH ILL HEALTH

UNDERSTAND WAYS OF SUPPORTING THE MENTAL
HEALTH OF OTHERS IN ADDITION TO YOUR OWN



CREATE MENTALLY HEALTHY ENVIRONMENTS

REVIEW RELEVANT LEGISLATION AND DISCUSS
WELLNESS ACTION PLANS



KORI.COX@ESCG.AC.UK