



**EAST
SUSSEX
COLLEGE**

**GAIN A LEVEL 2 QUALIFICATION
OVER 3 SESSIONS**

FREE COURSE FOR BOTH
EMPLOYED AND UNEMPLOYED

MINDS MATTER

**WED 1 OCT 2025
WED 8 OCT 2025
WED 15 OCT 2025**

09:30 - 12:30

**100% ATTENDANCE
REQUIRED**

MENTAL HEALTH TRAINING

3 X FACE TO FACE SESSIONS WITH A TUTOR
+ ONLINE UNITS & ASSESSMENTS
+ HELP & GUIDANCE THROUGHOUT



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



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ESCG Training Hub, 3A Hampden Retail Park,
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