

FREE LEARNING COURSE

FOR UNISON MEMBERS TO LEARN MORE

MENTAL HEALTH AWARENESS

16 May | 13:30 -16:30pm | MS Teams

Mental Health Awareness Week 13th – 19th May.

Learn with UNISON to be more aware about mental health.
Learn more and build resilience.

This is a tutor-led session that will help your general understanding of good versus poor mental health. What are the factors that contribute to mental health problems? What signs and symptoms should you be aware of – in yourself and in others? What help is available for mental health problems? And how can you self-help?



SCAN ME

