

Adult Learning

Award in Mental Health and Wellbeing Level 2



**Starts Tuesday
16th September 2025**

For 12 weeks

FREE COURSE

12:30 – 15:00 pm

Eden Foyer, Penrith

Led by our fully qualified Health & Wellbeing tutor

This Ascentis Level 2 Award in Mental Health and Wellbeing qualification covers the different types of conditions and impacts of mental health. It introduces you to key issues in mental health, raising awareness of sensitive topics and providing guidance to support yourself and others. Topics covered will include the impact of drugs, alcohol and social media on a person's mental health and the importance of a healthy lifestyle for both physical and mental wellbeing.

ENROL NOW!

To book a place please visit our website at: adultlearningcumbria.org
Search for the course under the heading 'Health and Wellbeing'. You can then complete an online enrolment form. Or speak to one of the Penrith Adult Learning Team on **07468709606** or email penrithadultlearning@westmorlandandfurness.gov.uk



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Council

Working for Cumberland Council and
Westmorland & Furness Council