

# Mental Health Awareness Course

## Trallwm Area Community Hall

1 x 3hr sessions 10.00am – 1.00pm 15<sup>th</sup> March 2022

### Part of the 'Coffee, Clecks and Connecting' project

#### Course Overview

This course will look at:

- Understanding attitudes to mental health issues.
- Raising awareness.
- Triggers of mental ill health.
- Effects on family & work life
- Mental health in the workplace.
- Promoting mental health well Being. Support agencies.



*Interested? Book NOW!!*

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The National Community College

Rydym yn annog a chroesawu gohebiaeth a galwadau ffôn yn Gymraeg a byddwn yn ymateb i'ch dewis iaith  
We encourage and welcome correspondence and phone calls in Welsh and will respond to your language choice