

Supporting Emotional Health and Wellbeing – at Learn Hillingdon

It is now estimated that 1 in 4 people in the UK will experience a mental health problem every year and 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week. Everyone is so busy, and the cost-of-living crisis has increased pressures on individuals and families still further.

At Learn Hillingdon we offer a range of short courses to help individuals find coping strategies to support their own mental health including recognition of symptoms and then ways to ease these symptoms. In a group environment where you don't feel so alone and then work with you to support in place. We can also offer a range of therapeutic activity classes to help you find ways to relax.

These courses are free and open to all adults above the age of 19 years old. You will need to complete an online assessment, so we have a better understanding of your needs <https://forms.gle/hxfDzFcMRpS8Y1aH7> Courses on offer for the summer term:-

Course Code	Course Title	Start date	Time	No. of sessions	Location	Price
MHS1024	Tapping Fundamentals Course for Stress & Anxiety	Wednesday 17th April 2024	09:30 am - 12:00 pm	5 Weeks	Uxbridge Adult Education Centre	£0.00 (Fully funded)
MHS1022	Develop Your Understanding of PTSD and How To Manage Symptoms	Wednesday 17th April 2024	13:30 pm - 16:30 pm	5 Weeks	South Ruislip Adult Education Centre	£0.00 (Fully funded)
MHC1011	Therapeutic Summer Inspired Art	Monday 22nd April 2024	10:00 am - 12:30 pm	4 Weeks	Uxbridge Adult Education Centre	£0.00 (Fully funded)
MHC1012	Develop Your Knitting for Wellbeing Skills	Monday 22nd April 2024	13:30 pm - 15:30 pm	4 Weeks	Uxbridge Adult Education Centre	£0.00 (Fully funded)
MHX1102	Gardening Fundamentals for Summer	Tuesday 23rd April 2024	13:00 pm - 15:30 pm	5 Weeks	Rural Activities Garden Centre	£0.00 (Fully funded)
MHC1020	Wellbeing Crafts - Creative 5 Week Journal	Wednesday 24th April 2024	10:00 am - 12:30 pm	5 Weeks	Uxbridge Adult Education Centre	£0.00 (Fully funded)

MHC1027	Understanding and Managing Symptoms of Stress	Wednesday 12th June 2024	09:30 am - 12:00 pm	5 Weeks	Uxbridge Adult Education Centre	£0.00 (Fully funded)
MHS1029	5 Ways to Live a Happier Life	Wednesday 12th June 2024	13:30 pm - 16:30 pm	5 Weeks	South Ruislip Adult Education Centre	£0.00 (Fully funded)

Website page - [Wellbeing and emotional health courses - Hillingdon Council](#)

For more information or to enquire about a course please contact emotionalwellbeing@hae-acl.ac.uk