

# Mindfulness & Well Being...want to learn more? we are here to help!

Do you live in Nottingham City and aged 19 or over?

If so, get in touch, we are offering **FREE** courses, online with a wide range of activities that will support you to develop your awareness of Mental Health and where to go for support, the course includes how to:

- ◆ Recognise Mental and Mental ill Health
- ◆ Recognise the signs of depressions
- ◆ Recognise the signs of stress and anxiety
- ◆ Deal with Mental Health positively and where to access support

**Register your interest for the next course by contacting us on the below details**



**To discuss contact:  
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Education & Skills  
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