



Mental Health Support Offer for Parents, Grandparents & Carers

Mental health matters.

As you may know Mental Health Awareness Week runs from 10 - 16 May 2021, we know that many people have really struggled over the last year. Mental health is as important as physical health. Taking care of our mental health aids in our resilience and recovery from anything that happens. Anyone can have a bad day, but it doesn't mean that it's a bad life. How we respond to it and take care of our mental health is what's important. During the last year we have seen how crucial Mental Health is because it affects everything. It affects our ability to cope, adapt, and solve problems. It also affects our ability to be happy, productive, and well adjusted.

Mental health is a topic that gets stigmatized so often in our society. If someone is having a mental health issue, they are less likely to get help because of that stigma and shame. But there's nothing to be ashamed of, the wirings of your brain are not your fault. But when we turn this around and have good mental health, many good things can happen:

- We learn to cope again.
- We become healthy in all aspects.
- Our relationships no longer suffer.
- We find meaning in our day to day lives.
- We become more involved in our community.
- We are more productive at school or at work.
- We can be the person we are meant to be.

When we feel better, we do better.

It doesn't make anyone less of a person for experiencing mental health issues. When we value mental health, we lead better lives. It doesn't mean everything will be better overnight, but we can learn how to value ourselves so we can improve over time.

When we remember that, we can turn it all around. And it's never too late to do exactly that. We have a range of free courses that can support you with your Mental Health journey.

Mental Health Support Offer:

- **STEPS:** STEPS is a confidence building course that encourages you to set goals. You will improve your self-esteem and find ways to think differently about life and work.
- **Stress and Anxiety:** this course will help you to develop coping strategies to reduce stress and anxiety for yourself and your family
- **Mind, Body & Soul:** learn strategies on how to manage your stress and support your wellbeing, develop inner strength and resilience
- **Coping through COVID-19:** learn how to improve your resilience through this global pandemic and learn strategies on how to best manage your mental health.
- **Child & Adolescent Mental Health:** what is mental health compared to mental illness. What can cause mental health problems? Your role and looking after you. What can we do to help us to help others?
- **Introduction to Mental Health First Aid:** ways to spot signs and symptoms within the family/friendship unit and develop knowledge of where to access support.
- **LAB Wellbeing:** practical steps to improve wellbeing. Based on the five ways to wellbeing: Connect, Be Active, Take Notice, Keep Learning and Give. This course will help participants take the first steps to a more positive future.

To enrol on any of the above courses you can view the [adult learning timetable](#) by clicking the link or for further information you can visit our webpage [Adult learning courses during COVID-19 | Kirklees Council](#) or you can email us at adult.learning@kirklees.gov.uk. All courses are free with no fee to pay, you must be aged 19+.