



**FREE  
COURSE**

# INTRODUCTION TO MENTAL HEALTH

with Wirral Met College

Are you interested in the topic of mental health?

Join this 4-week course with Wirral Met to find out about living with mental health challenges, different mental health disorders and ways to treat them.

## COURSE DETAILS:

DATE: TUESDAY 8TH OCTOBER - 5TH NOVEMBER 2024

TIME: 1PM - 3PM

PLACE: Forum Housing, 24-28 Hamilton Street Birkenhead, Wirral CH41 1AL

This course is free to complete and won't affect your benefits.  
Book your place with Forum.

