***Wirral Lifelong Learning, your journey to*** *employment, volunteering or further learning starts here…*



**Mental Health**

**All learners complete an assessment for placement into correct course – call us: 07789 922542 or e mail: lifelonglearning@wirral.gov.uk 666 3330**

[](http://developmentcrossroads.com/wp-content/uploads/2011/09/whatsnext_logo.jpg)

\*Indicates Partner Provision

**Progression Options**

Meditation to Improve Life Skills, Aid Relaxation & Help with Interviews\*

Way 2 Building Resilience in Challenging Times\*

Choose curriculum pathway: English/Maths/IT

This is me\*

Mental Health Awareness\*

Food and Mood\*

Resilience\*

Emotional Resilience\*

Family and Nutrition\*

5 Ways to Holistic Mental Wellbeing & Resilience taster\*

Wellbeing Resilience & MH Awareness\*

Managing Stress & Anxiety\*

Safeguarding

Employment

Further Learning

Counselling L2

Progression to Wirral Met

Confidence Masterclass\*

Intro to Understanding Your Child’s Mental Wellbeing\*

Peer Mentoring

Intro to Psychology for Wellbeing\*

Intro to 5 ways to Holistic Mental Wellbeing & Resilience\*

Improvement to Mental Health & Wellbeing\*

Volunteering

Volunteering

Volunteering & Community Projects for People Living with Social Anxiety Disorders\*

Wellness Recovery: Steps to Work\*

Wellness Education\*



 “For us it’s about learning and studying so we can make informed decisions, rather than just listen to the latest fad and fashion.”

**Case Study**

 “When I started the course, I suddenly knew I wasn’t the only mother who has anxiety, panic attacks and depression. The teachers really understand me, and the stigma attached to mental health.

After my courses it was suggested I could volunteer which I did 3 days a week in the Claughton shop. I really look forward to going, it’s given me confidence.

“Next I hope to volunteer in my daughter's school and work towards becoming a Teaching Assistant. It’ll be great, another way of moving myself forward.

“My mental health was stopping me getting out and affecting my children, doing the courses has helped me get a better life for me, my husband and my children.”

Food and Mood

Counsellor

£16,002 to £31,373

Learning Mentor

£14,000 to £30,000

Care Assistant

£14,000 - £17,000



**Potential Career Salaries:**