

# Learning for wellbeing

## Free courses for adults to support mental health

Since July 2015, Learn Devon, along with partners MIND and Community Care Trust, have been supporting people over the age of 19 with mild to moderate depression, anxiety and/or sleep disorders by providing access to various learning activities.

The courses are free and offer the space to focus on improving mental wellbeing in a low-stress, supportive environment.

Some courses are practical such as arts and crafts, while others focus in particular on improving personal relationships, confidence and recognising and overcoming stress triggers.

The courses vary in length from two-hour workshops to 10-week courses. They are delivered in various locations around Devon.

If you are over the age of 19 years and are struggling with your emotional wellbeing, or you want to learn more about building upon your personal resilience to stressful situations, these courses may be helpful to you.

## Find out more

If you are interested in joining a course, you will need to attend an appointment with one of Learn Devon's Area Co-ordinators who will help you identify your learning needs and which courses may be useful to attend.

To find out more about the project and how it could help you, or if you would like to enrol on a course, please contact Marie Wellington:

**Phone 01822 613701**

**Email [marie.wellington@devon.gov.uk](mailto:marie.wellington@devon.gov.uk)**

If you need further information or a different format, phone 0345 155 1014 or email [learndevon@devon.gov.uk](mailto:learndevon@devon.gov.uk)

