





# Community Learning Mental Health Research Project A FREE Short Course

Darlington Borough Council Learning & Skills service is part of a national research project to determine whether short adult education courses will benefit individuals with mild to moderate mental health issues.

It is hoped that this national research will prove that such courses have a positive impact on people's mental wellbeing and the evidence will help secure government funding for adult education courses in the future.

**The project is open to anyone aged 19 years and over who has mild to moderate mental health conditions such as anxiety, stress and low mood.**

Those who are interested will take part in a 1:1 meeting with a member of our staff who will discuss how you feel and ask you to complete three simple questionnaires to determine your eligibility for the research. You will discuss which particular course is appealing to you and will discuss a start date.

Most courses last 2-3 hours per week for a six-week period. For a list of available courses please see overleaf.

You will only be eligible to attend one course, so part of the discussion will identify the course most appropriate for your needs and which you will benefit the most from.

We repeat the short questionnaires during your programme of learning to see how this will impact on your mental health, and optional top up sessions will be available.



**Learning & Skills**



## What happens at my first meeting?

At your first agreed meeting, you will be given a self-assessment to complete which will give us an indication of your mental wellbeing. We will discuss your aspirations and any barriers you are facing and provide information, advice and guidance for your next steps. If all of this sounds interesting and appealing and you want to book your 1:1 chat, or you want to talk with someone to find out more about the project and the courses, please call us now on **01325 405601** or email us **l&s@darlington.gov.uk**