

# LIMITLESS

Programme

## Mental Health, Wellbeing & Stress.

Mental health is a fundamental part of your well being. Discover the factors influencing mental health and understand how different factors affect mental health, well being and stress.

By the end of the session, learners will be able to:

- \* Understand what is meant by mental health, wellbeing and stress.
- \* Understand the causes of stress.
- \* Understand where to get support and help.
- \* Understand how different factors affect mental health, wellbeing and stress.
- \* Understand how to manage stress.

...and more!

'Mental Health, Well Being and Stress' is a Level 2, 2 credit full qualification (Award) in Personal and Social Education.

### Now available through **GUIDED LEARNING**

-an opportunity to study at home with 1:1 support from our qualified tutors, via a range of electronic platforms. All our training is accredited through Agored Cymru and is completely free of charge for women who are working full or part time, on zero-hour contracts or in self-employment. Women must live or work in Carmarthenshire, Pembrokeshire, Caerphilly and Blaenau Gwent.

LIMITLESS is funded by The European Social Fund (ESF) under Priority 2, Skills for Growth: SPECIFIC OBJECTIVE 4. It is an educational programme of support for women aged 18 and over, who are working or living in Carmarthenshire, Pembrokeshire, Caerphilly, and Blaenau Gwent. Women must be working (including full time, part time, self employed or on a zero hour contract).

Upon registration, participants will be eligible to access a wide range of Agored Cymru accredited training as well as opportunities for further learning, education and training.

For more information on Threshold's LIMITLESS Programme, please email us on [LIMITLESS@threshold-das.org.uk](mailto:LIMITLESS@threshold-das.org.uk) or contact our main office on 01554 700650.



Ariennir gan  
Lywodraeth Cymru  
Funded by  
Welsh Government



Llywodraeth Cymru  
Welsh Government

Cronfa Gymdeithasol Ewrop  
European Social Fund

Don't call it a dream...  
...Call it a plan. Threshold