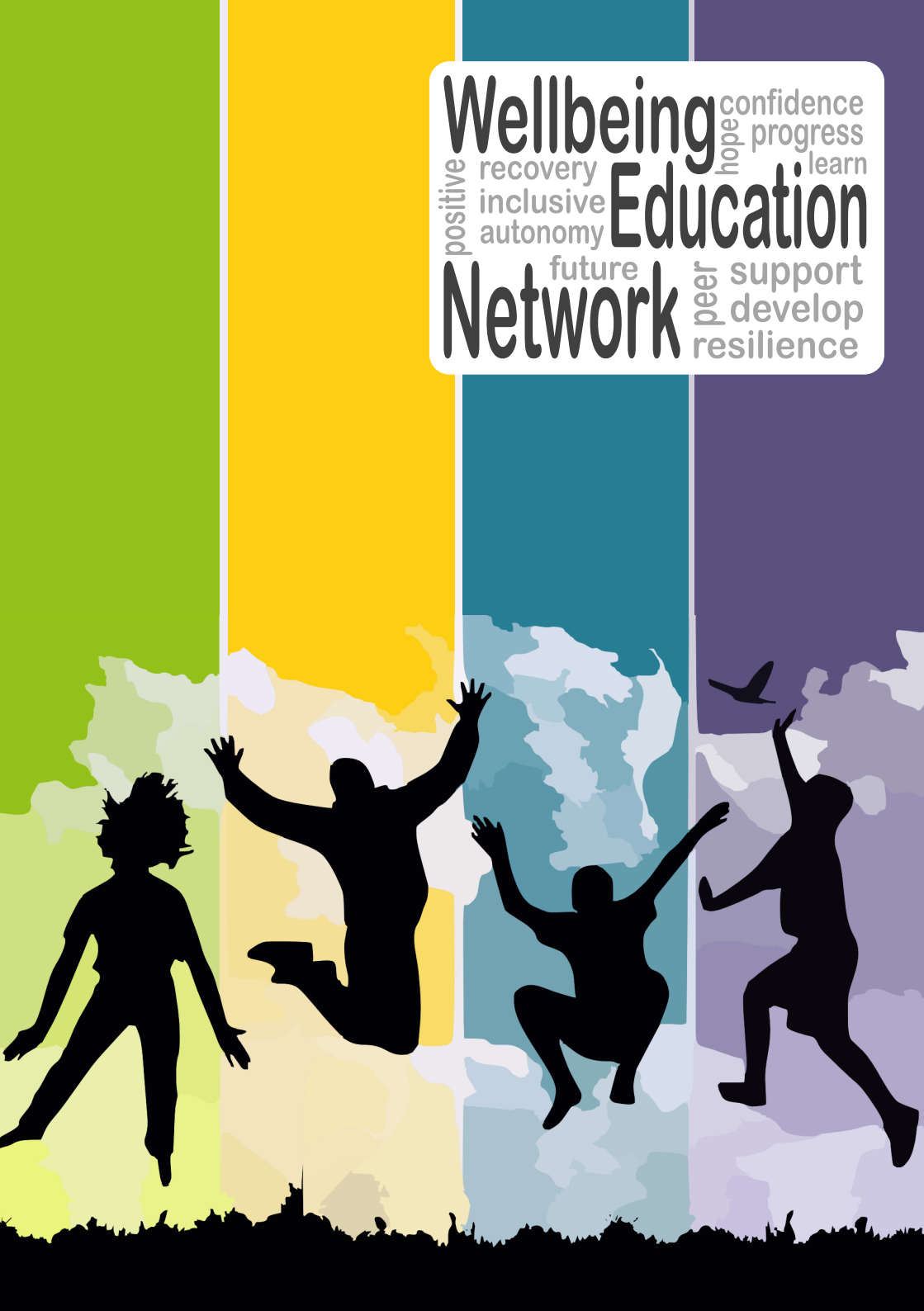


Wellbeing
Education
Network

confidence
progress
learn
hope
recovery
positive
inclusive
autonomy
future
peer
support
develop
resilience





The Wellbeing Education Network (WEN) is a partnership of mental health organisations, who work together to provide wellbeing courses across Northamptonshire.

‘Really enjoyed the openness of the group and the ability to be able to talk freely without being judged. The understanding that how I was feeling was 'normal' for someone with depression and others felt the same was a relief. The strategies for dealing with these situations are invaluable. Thank you.’

WEN course attendee, Wellingborough 2016

‘I have appreciated the opportunity to learn and understand. Delivery was in a relaxed manner and supportive way, topics were relevant’

WEN course attendee,
Northampton 2016

‘There is a need to understand anxiety if people are to self help and move forward. Looking at cause/effect and strategies for change is essential’

WEN course attendee,
Kettering 2016



Anxiety

In this course we'll look at anxiety and how it effects you. After you have finished the 6 sessions our aim to help you better understand your experience of anxiety and what you can do to reduce the impact it has on your life and improve your wellbeing.

Duration: 6 weeks
Session: 2 hours per session
Where: Countywide



Depression

Over the 6 weeks we'll help you to explore your experience of depression, help you to better understand your mental health and what you can do to improve your experience of living with depression.

Duration: 6 weeks
Session: 2 hours per session
Where: Countywide



Food & Mood

We'll help you understand the link between the food you eat and the impact on your wellbeing. We'll also help you to explore your relationship with food and the changes you can make which can lead to healthier life both mentally and physically.

Duration: 3 weeks
Session: 2 hours per session
Where: Countywide



Anger

In this course we will help you learn about anger whilst we support you to identify and understand why you may be feeling symptoms of anger. Then we will guide you through different methods you can try to use to manage your anger and improve your wellbeing.

Duration: 6 weeks
Session: 2 hours per session
Where: Countywide



Peer Support Introduction

In this course we will help you build the skills and knowledge to enable you to use your own experience of mental health to support others.

Duration: 5 weeks
Session: 2 hours per session
Where: Countywide



Stress & Resilience

During this 4 week course we'll help you to become more self aware of you stress, how to deal with you symptoms and become more resilient.

Duration: 4-6 weeks
Session: 2 hours per session
Where: Countywide



Where can I find out more information?

You can find out more information about the courses such as start dates, times and location at mhnc.uk. You can also make contact with a local provider to ask for more details (see contact list below)

Who can attend a course?

If you live in Northamptonshire and you are experiencing a mental health problem or caring for someone who is, then you are welcome to access a WEN course.

How do I enrol?

You can go straight to the course provider and self-refer with them. You can find out who your local provider is at mhnc.uk or you can make contact with your local provider (see contact details below).

How much does it cost?

All of the WEN courses are free.

County Wide	Total Voice Northamptonshire (Voiceability)	(01604) 592702
Corby	Corby Mind	(01536) 267 280
	Teamwork Trust	(01536) 511993
Daventry	Daventry Contact	(01327) 310711
	Northampton & District Mind (Daventry)	(01327) 879 416
East Northamptonshire	Rushden Mind	(01933) 312800
Kettering	Kettering Mind	(01536) 523216
	Teamwork Trust	(01536) 511993
Northampton	Manna House Counselling	(01604) 633304
	Northampton & District Mind	(01604) 634310
	Spectrum	(01604) 754120
South Northamptonshire	Northamptonshire & District Mind (Towcester & Brackley)	(01604) 634310
Wellingborough	Daylight Centre	(01933) 446490
	Teamwork Trust	(01536) 511993
	Wellingborough Mind	(01933) 223591