



MOOD MATTERS

BY AWARE NI

Mood Matters for Adults is a free mental health awareness workshop suitable for anyone who would like to learn more about mental health and managing their mood.

The programme teaches techniques to:

- Manage Stress & Anxiety
- Identify Mental Ill-Health
- Know Where to Get Help & Support

Course Delivery:

This course has both online and face-to-face delivery options.

Registration:

To register please visit our website:

www.aware-ni.org/mood-matters-for-adults