



# AWARE MOOD MATTERS ADULT PROGRAMME

**Mood Matters Adult programme is a mental health awareness programme for adults, particularly those who may be experiencing low mood, stress or mild to moderate depression. It is delivered in community and other appropriate settings.**

## Learning Outcomes

This programme teaches you skills and techniques to look after your mental health, manage your feelings when you are stressed, worried or depressed and help you cope with challenges in your life.

**Duration:** 2 – 3 hours.

## Course Content

- What is mental health?
- Mental ill-health including signs and symptoms of stress and depression
- Looking after your mental health
- Sources of help

“ This course is excellent! I didn't think I would enjoy a talk about depression but the activities, DVD clips and excellent Trainer made it all easy to understand. Great course, highly recommend. ”

Louise, 28, Enniskillen

“ Knowing that I am not the only person who feels this way makes me more confident to talk to someone about my depression. Thank you for the course. ”

Brian, 50, Strabane

## How to apply

**For more information and to find out how to apply, please visit the AWARE website**

**[www.aware-ni.org](http://www.aware-ni.org) or email [training@aware-ni.org](mailto:training@aware-ni.org)**

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