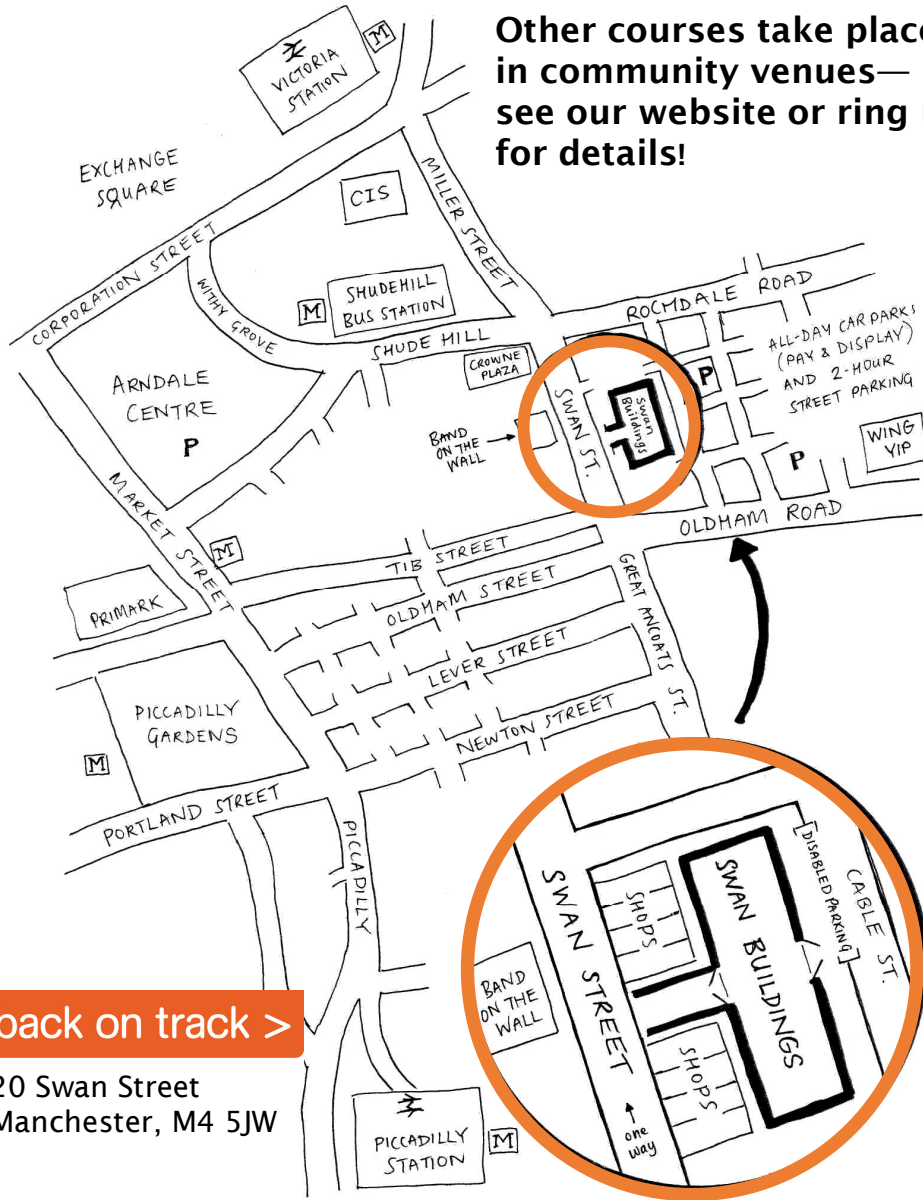


How to find Back on Track



Other courses take place in community venues— see our website or ring us for details!

back on track >

20 Swan Street
Manchester, M4 5JW

For more info speak to **Rachel Garratt** on 0161 834 1661
email: headsup@man-adulted.org.uk
web: www.backontrackmanchester.org.uk/headsup



Feeling low, stressed, anxious or worried?



Try a **FREE** short course to learn new ways to manage your symptoms

These courses are delivered as part of a national research project, investigating whether learning can help with mild to moderate mental health symptoms

Back on Track Manchester Ltd is a Registered Charity in England and Wales no. 1017467 and a Company Limited by Guarantee no. 2735484

back on track >
changing lives through learning

Manchester
Adult
Education

FREE

Ways to Wellbeing Courses

Have you been feeling low, stressed, anxious or worried? Are you going through a recent life change and finding it difficult to cope?

Back on Track, in partnership with Manchester Adult Education Service (MAES), is offering a range of courses to help you understand your symptoms and find ways to manage them. Learn ways to lift your mood and boost your confidence in a relaxed, friendly environment.

We are providing courses in the City Centre and in community venues around Manchester, usually one session per week for 5 or 6 weeks. A new course starts every week so there are no waiting lists!

If you're interested, give us a ring on **0161 834 1661** and mention Heads Up. You will be invited to attend for an informal chat so we can find out more about you and how you're feeling.

For adults (19+) with mild to moderate anxiety, depression or other mental health issues.

Groups are small and there will also be 1:1 support.

You will be asked to complete questionnaires at regular intervals, to explore the impact of the course on your mental health and wellbeing.

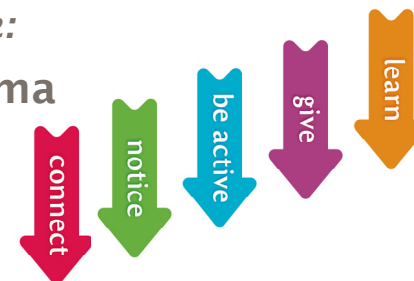
All our courses will use 5 Ways to Wellbeing to help you manage your symptoms by trying out new activities.

Our courses include:

Art IT Drama

Communication

Wellbeing



Ways to Wellbeing are proven pathways to improving your mental health. The course will help you consider some lifestyle changes and help you to set realistic goals for yourself.

connect

Discover ways to re-connect with your family, friends and community.

notice

Take notice! Pay attention to yourself and what is around you.

be active

Simple ways to get moving in everyday life.

give

Do something kind to boost your happiness.

learn

Learning something new gives a strong feeling of achievement.



headsupmanchester



@headsupmanc

Find out more at www.backontrackmanchester.org.uk/heads-up