



AWARE MOOD MATTERS LATER YEARS PROGRAMME

Mood Matters Later Years is a mental health awareness programme for people aged 65+ and is delivered in the 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: 1 – 2 hours.

Course Content

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

“Catherine was lovely, she really got the group talking about how our moods can be affected by different things and we just loved the Bingo game. ”

Sarah, Garvagh

“Very helpful, informative course, older people often get forgotten about but we get down too and need some ideas for staying happy. ”

Mary, Derry

How to apply

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

www.aware-ni.org or email training@aware-ni.org

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AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.