

We're excited to let you know a **NEW** online course '***Understanding your feelings (for teenagers only!)***' has been added to the Solihull online learning programme!

This course was created because of the rise in mental health problems in young people during the COVID-19 pandemic. It introduces teenagers to the bedrock of mental health...recognising and processing feelings in the context of relationships. It presents our view of why the COVID-19 pandemic has had such an impact on emotional health. The course suggests how this can be processed.

Throughout the course we highlight how it pairs with our other online course for teenagers, 'Understanding your brain (for teenagers only!)

Take advantage of this pre-paid, locally funded offer, www.inourplace.co.uk Access code: **PURPLEBIN**. **Create an account (or sign in), and start learning, GO!**

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Solihull Approach

presents

Two online courses exclusively for teenagers!

**Understanding your brain
(for teenagers only!)**

NEW

and

**Understanding your feelings*
(for teenagers only!)**

**Includes the emotional effects of the COVID-19 pandemic*

inourplace.co.uk

FIND OUT MORE...

Do you live in Liverpool?

1. Visit www.inourplace.co.uk
2. Enter Access Code
3. Begin learning

Access Code:
PURPLEBIN

