

Connect 5

CHANGING THE CONVERSATION ON MENTAL WELLBEING

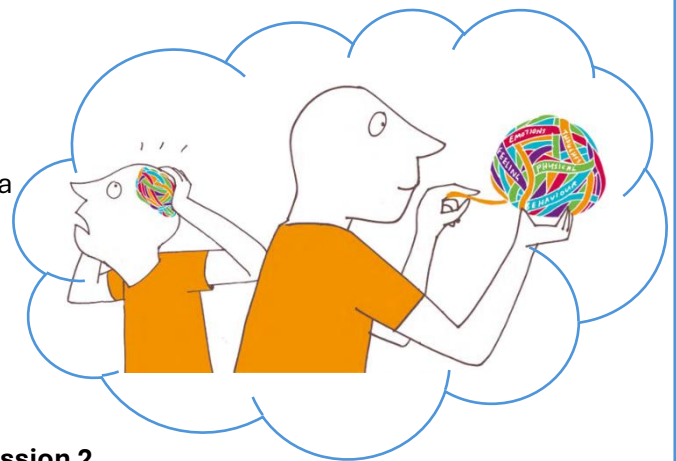
What is Connect 5?

Connect 5 is workforce training programme, created to upskill non-mental health staff to better understand and support poor mental health and hold effective mental wellbeing conversations within their everyday practice.

Connect 5 content provides an evidence based collaborative toolkit that promotes psychological knowledge, understanding and awareness and the development of skills. It helps to empower people to take proactive steps to build resilience and look after themselves.

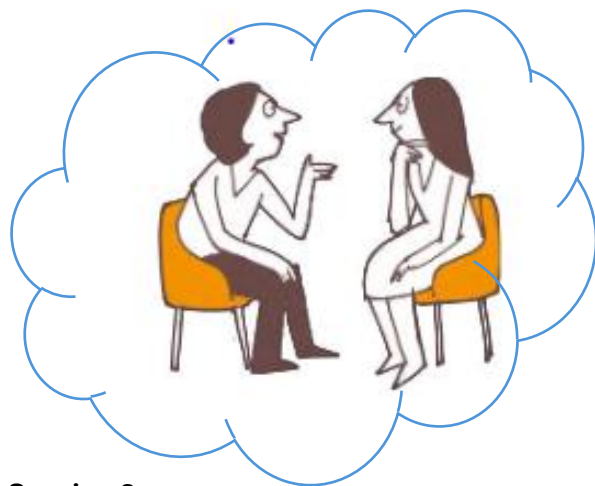
Session 1

The aim of session 1 is to increase confidence and skills to have brief conversations in which we help a person to consider ways they can take action to improve their mental wellbeing. It covers several mental health models that can be used to frame mental wellbeing conversations.



Session 2

The intended outcome of session 2 is to enable conversations in which we and a person we are talking with develop shared understanding of their mental health needs. This session also covers issues surrounding suicide and ways to support someone who may experience suicide thoughts or crisis.



Session 3

The intended outcome of session 3 is to empower a person to make changes that address their mental wellbeing needs. It covers strategies and techniques to support successful change process.

For the dates and how to book on a course please view our [Mental Health training brochure](#).

