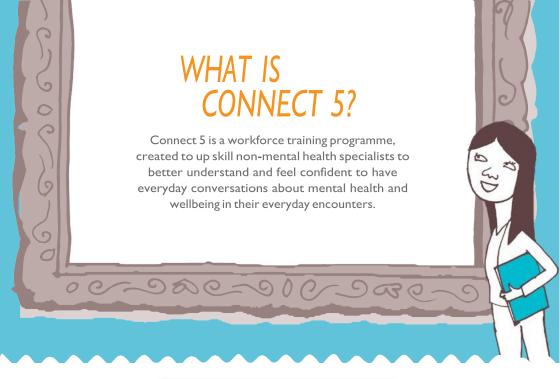
LET'S CHANGE THE CONVERSATION...

on mental wellbeing

Delivered Live Online and Face to Face







The what of Connect 5

Improve mental wellbeing by changing the way we have conversations about it

The **how** of Connect 5

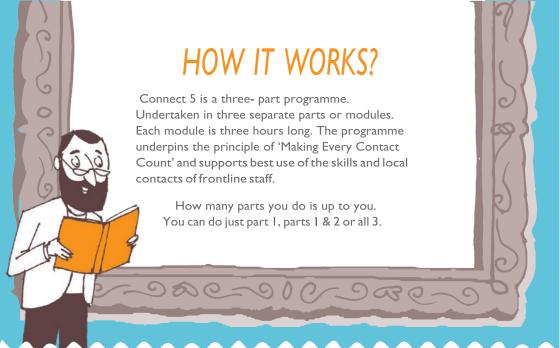
Helping people to improve their understanding of mental wellbeing by working together



The why of Connect 5

Understanding and accepting mental wellbeing as an everyday experience which everyone has the skills to understand and change





Aim of the module

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Support you to have conversations in which you suggest ways a person can take action to improve mental wellbeing.

Module 2

Module 1

Brief Mental

Wellbeing Advice

Brief Mental Wellbeing Intervention Support you to have conversations in which you and the person you are talking to develop a shared understanding of that person's mental wellbeing needs.

Support you to have conversations that empower a person to make changes that address their mental wellbeing needs

Who is this for

Anyone who's role involves having helping conversations with the public. Examples of role? e.g. volunteer, receptionist, linkworker

Anyone whose role allows them the opportunity to engage in one off brief interventions e.g. support worker

Module 3

Extended Mental Wellbeing Intervention

Anyone whose role gives them the opportunity to engage in brief interventions over time e.g. housing officer, case worker

HOW DO I GET INVOLVED?

If you'd like to find out more about Connect 5 and how to getinvolved, please get in touch:





