

LET'S CHANGE THE CONVERSATION...

on mental wellbeing

Delivered Live Online
and Face to Face



Connect  **5**

CHANGING THE CONVERSATION ON MENTAL WELLBEING

WHAT IS CONNECT 5?

Connect 5 is a workforce training programme, created to up skill non-mental health specialists to better understand and feel confident to have everyday conversations about mental health and wellbeing in their everyday encounters.



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



HOW IT WORKS?

Connect 5 is a three- part programme. Undertaken in three separate parts or modules. Each module is three hours long. The programme underpins the principle of 'Making Every Contact Count' and supports best use of the skills and local contacts of frontline staff.

How many parts you do is up to you. You can do just part 1, parts 1 & 2 or all 3.



Aim of the module

Who is this for

Module 1

Brief Mental Wellbeing Advice

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

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

Module 2

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.

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

Module 3

Extended Mental Wellbeing Intervention

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

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 get involved, please get in touch:



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APPROVED BY



ROYAL SOCIETY
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