

What is it?

Connect 5 is an evidence-based programme which is designed to improve population mental wellbeing by changing the way we have conversations about mental wellbeing. It does this by sharing tools that enable people to have three different types of mental wellbeing conversations more skilfully to bring about positive change. **Connect 5** is underpinned by the belief that we don't need to be a mental health specialist to support those who are experiencing emotional and mental health problems.



Connect 5 is delivered online over 3 modules. Each session lasts 3 hours and builds on the previous one.

What are the benefits?

- You will develop your knowledge, skills and attitudes to have more skilful and effective conversations with friends, customers to improve their mental wellbeing.
- It will add to your own toolbox or maintaining your own mental wellbeing.
- You will become confident to offer wellbeing support and interventions within your everyday work role.
- A course workbook and supporting course information are provided
- Certificates of Attendance are offered after each module.

Who is Connect 5 suitable for?

- Anyone wanting to help clients, service-users or friends improve their mental health and wellbeing.
- Anyone with a public facing role from those working in health and social care to those in the service industry.
- You choose how far you work through the programme depending on the type of wellbeing conversations you are having.

Contact Us

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What will I learn?

- Two evidenced-based models for understanding stress and distress and supporting wellbeing – The Cognitive Behavioural & 5 Ways to Wellbeing Models
- Related strategies and tools that help a person help themselves
- About local mental health and wellbeing resources and services that you can signpost people to for more specific or specialist support

The 3 different mental wellbeing conversations:

Session 1 One-off Conversations in which you suggest ways someone can take action to improve their mental wellbeing. This includes giving brief wellbeing support and information designed to help someone better understand mental health, mental wellbeing and mental illness.

Session 2 Longer Conversations in which you develop a shared understanding of someone's mental wellbeing needs. This includes offering brief mental wellbeing interventions that enable someone to understand their situation and what action they can take for themselves.

Session 3 Ongoing Conversations in which you use appropriate methods to motivate and empower someone to make changes that improve their mental health and resilience.

NB: This is not a training designed to address mental illness or mental health crisis response.

What does it cost?

Third Sector Staff & Self-Payers - £25 per person per session
Public Sector Staff - £35 per person per session
In-house Training - Please contact us to discuss your needs