



A training programme for people (either workers or volunteers) who want to help clients and service users to improve their mental health and wellbeing.

The Connect 5 Training Programme has been developed collaboratively by Public Health staff in three organisations: Bolton Council – Public Mental Health Team, Manchester Mental Health & Social Care Trust – Health & Wellbeing Service, Stockport Council – Public Health.

**Bolton
Council**

 **STOCKPORT**
METROPOLITAN BOROUGH COUNCIL

 **MANCHESTER**
CITY COUNCIL

Manchester Mental Health 
and Social Care Trust

Connect 5 is a training programme with three stages. Participants progress through stages, **dependent on how much of their role involves working with people experiencing poor mental health and wellbeing.**

Connect 5, Session 1 Brief Mental Wellbeing Advice

Connect 5 Session 1 is a **half-day** introductory course to help you better understand the terminology around mental health, mental wellbeing and mental illness. You will also learn about local services and resources that enable people to help themselves. You will become confident to offer wellbeing advice within your everyday work or volunteering role.

Connect 5 Session 1 is open to anyone who has a helping role (work or volunteering). It is an essential foundation for Connect 5 Sessions 2 and 3.

Learning Outcomes – after taking part in the course you will be able:

- To understand mental health and wellbeing through specific public health models;
- To be aware of qualities and attitudes needed for working with mental health and wellbeing;
- To improve your skills and confidence to talk with people about their mental health and wellbeing;
- To appreciate the value of self-help and understand the resources available to people for this;
- To understand how local mental health and wellbeing services support people and how to help people seek support from them.

Connect 5 aims to support workers, volunteers and organisations in promoting better mental health and wellbeing for the people they work with. Sessions 2 and 3 are particularly for people doing face-to-face work with people who have poor mental wellbeing, whether or not they have a diagnosed mental health problem.

Connect 5, Session 2 Brief Mental Wellbeing Intervention

Connect 5 Session 2 is a **one-day** course designed to help you develop the understanding, skill and confidence to work with people on their troubling or difficult feelings. You will learn about the things they might do to understand these feelings and to help themselves feel better.

Connect 5 Session 2 is open to those who have completed the Connect 5 Session 1 half day course within the last 12 months. It is aimed at people whose role (work or volunteering) includes supporting people to improve their mental wellbeing.

Learning Outcomes – after taking part in the course you will be able:

- To use the 'five areas' model in conversations about mental health and wellbeing
- To apply the 'five areas' model to understand your own and others' experience of distress;
- To establish the nature and extent of a person's troubling situation including the potential for harm;
- To use a number of methods to help people unravel their distressing feelings and experiences;
- To practise skills needed to start, follow and end a conversation about mental health and wellbeing;
- To make the connection to the promotion and use of self-help resources.

Connect 5 courses are interactive and practical, drawing upon the latest evidence about supporting people with their mental health and wellbeing. The courses support participants to gain skills and confidence and information about practical interventions so as to be able to respond helpfully to people experiencing poor mental health and wellbeing.

Connect 5, Session 3 Extended Mental Wellbeing Intervention

Connect 5 Session 3 is a **one-day** course designed to help you learn different ways to motivate and support people to make changes that last. It will help you to work collaboratively with people to demonstrate new ways of seeing things and to use evidence-based interventions to make changes that last.

Connect 5 Session 3 is open to those who have completed the Connect 5 Session 2 one- day course within the last 12 months. It is aimed at people whose role (work or volunteering) includes providing ongoing wellbeing support.

Learning Outcomes – after taking part in the course you will be able:

- To integrate what you have learned with your existing knowledge, skills and techniques so as to offer more effective support to people;
- To facilitate the use of self-management strategies by others to support successful change processes;
- To demonstrate and share practical techniques relating to use of the 'five areas' model;
- To work collaboratively with a person to make an action plan they are likely to complete;
- To make the use of self-help interventions and resources integral to your own practice.

For further information, contact:

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