

Connect 5 Training builds capacity, capability and confidence of people to look after their own and others' mental wellbeing through proactive conversations.

Connect 5 is delivered over 3 x 3 hour separate modules that can be completed either on-line or in-person.

## TRAINING OVERVIEW

### MODULE 1



An introduction to Connect 5 for anyone who wants to improve their own and others mental wellbeing and has the opportunity to give brief wellbeing advice.

This module will include learning:

- To extend your skills and confidence to have mental wellbeing conversations within everyday life and the workplace.
- About public mental health models and recognised techniques to inform mental wellbeing conversations.
- On where to find mental wellbeing resources.

### MODULE 2

This module includes information on suicide awareness. Learning in this module will enable you to:

- Apply recognised models, such as the 'Five Areas Model' to a wellbeing conversation and practice the '3Cs' of Connected Conversations.
- Assess the nature and extent of the mental wellbeing issue being presented to ensure people get the right help at the right time.
- Identify steps that can be taken to improve mental wellbeing.



### MODULE 3



Furthers the knowledge and skills developed in modules 1 & 2 to motivate and support people to make changes to improve their mental health and wellbeing.

Module 3 will include learning to:

- Explore self-help tools and life skills to promote mental wellbeing.
- Enable you to support a person to improve and protect their mental wellbeing by practicing the application of self-help tools.

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