

Connect 5 Training Opportunity

Connect

CHANGING THE CONVERSATION ON MENTAL WELLBEING

What is Connect 5?

Connect 5 is a structured training course made up of 3 training sessions. Although you do not need to complete the entire course, you must complete Session 1 before you can move on to Session 2 and then to Session 3. Unlike many other mental health related training courses, the focus is on prevention. The course is designed using the latest evidence base for supporting people in community settings to improve their resilience, mental health and wellbeing through conversation. It teaches simple CBT strategies and how to use the 5 Ways to Wellbeing to support someone.

This video provides more information on Connect 5 and how the training has been developed:

<https://www.youtube.com/watch?v=yWPWmAHrTfE&list=PLFqmNaosxUPTXY19yRO3V6N6Zh4uupP7G&index=4>



Who is it for?

You do not need to have undertaken any previous mental health or wellbeing related training to attend Connect 5 Session 1. The training may be particularly helpful for: people working in health and social care, charity workers, community group members, wellbeing coaches, and mental health first aiders, but it's open to anyone with an interest in supporting others with their mental health and wellbeing.

Who is delivering the training/is there a charge?

Lancashire Mind are offering this training as a fully funded course for anyone living or working in Lancashire. This means that if you live or work in Lancashire then you will not be charged.

How do I book a place/find out more?

Visit the Lancashire Mind training website: <https://lancashiremind.arlo.co/w/upcoming/>

A second Session 1 course will be shortly be added for early May