



### Free Mental Health Training in B&NES, Swindon and Wiltshire

The Connect 5 Programme is an accessible, evidenced based training that is relevant to the whole of the public facing workforce. It provides participants with skills and competencies that build confidence in having conversations about mental health and wellbeing. It presents tools to empower others to take proactive steps to build resilience and look after themselves. **Connect 5 takes the position that we don't need to be mental health specialists to support those who are experiencing emotional and mental health problems.**



The course is accredited by the Royal Society of Public Health and courses are delivered by a range of local accredited trainers. It is a modular course with up to 3 sessions available, how many sessions you cover will depend on your role.

Connect 5 complements other training including Making Every Contact Count (MECC)

	What will it cover?	Who is this for?
<b>Session 1</b> (1/2 day) Brief Advice	Develop your core understanding of mental health, mental wellbeing and how to signpost to local services and resources that will enable individuals to help themselves.	Anyone with an interest in improving mental wellbeing Anyone whose role involves interaction with the public Anyone who has the opportunity to give brief wellbeing advice.
<b>Session 2</b> (Full day) Brief Wellbeing Intervention	Build your skills and confidence to work with and improve the mental health and wellbeing of others. Including, how to support greater insight into experiences of stress and distress and how to help people take first steps to make themselves feel better.	Those with the opportunity, through their working practice, to engage in brief interventions.
<b>Session 3</b> (Full day) Integrated Wellbeing Intervention	Advance your skills to work collaboratively with clients to create an action plan and integrate brief interventions to motivate and support people to make changes that last.	Those with the opportunity, through their working practice, to engage in brief interventions over an extended period of time.

See course dates for Bath & North East Somerset below

	Summer / Autumn courses (Winter Spring dates for further session 1 and sessions 2 & 3 to follow)	Venue
Session 1 (1/2 day) Brief Advice	Wednesday 6 <sup>th</sup> June 10.00 am to 13.30 pm Apply: - <a href="https://www.eventbrite.co.uk/e/connect-5-session-1-6th-june-2018-tickets-45755182984">https://www.eventbrite.co.uk/e/connect-5-session-1-6th-june-2018-tickets-45755182984</a>	Bath Artist Studio: Comfortable Place, Lower Bristol Road, BA1 3AJ
	Friday 15 <sup>th</sup> June 9.30 am – 13.00 pm Apply:- <a href="https://www.eventbrite.co.uk/e/copy-of-connect-5-session-1-15th-june-2018-tickets-45755874051">https://www.eventbrite.co.uk/e/copy-of-connect-5-session-1-15th-june-2018-tickets-45755874051</a>	CURO The Maltings, River Place, Lower Bristol Road, Bath, BA2 1EP
	Monday 9 <sup>th</sup> July 9.30 am – 13.00 pm Apply:- <a href="https://www.eventbrite.co.uk/e/copy-of-connect-5-session-1-9th-july-2018-tickets-45756272242">https://www.eventbrite.co.uk/e/copy-of-connect-5-session-1-9th-july-2018-tickets-45756272242</a>	Kaposvar Room, Guildhall Bath, BA1 5AW,
	Wednesday 12 <sup>th</sup> September 10.00am – 13.30 pm Apply:- <a href="https://www.eventbrite.co.uk/e/copy-of-connect-5-session-1-12th-september-2018-tickets-45757207038">https://www.eventbrite.co.uk/e/copy-of-connect-5-session-1-12th-september-2018-tickets-45757207038</a>	Radstock / Midsomer Norton venue to be confirmed
	Tuesday 16 <sup>th</sup> October 9.30am – 13.00 pm Apply:- <a href="https://www.eventbrite.co.uk/e/copy-of-copy-of-connect-5-session-1-16th-october-2018-tickets-45756390596">https://www.eventbrite.co.uk/e/copy-of-copy-of-connect-5-session-1-16th-october-2018-tickets-45756390596</a>	The Winter Garden Room – St Martin’s Hospital, Midford Road, Bath, BA2 5RP
	Session 2	(Full day) Brief Wellbeing Intervention Dates to be announced
Session 3	(Full day) Integrated Wellbeing Intervention Dates to be announced	

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