



## \*\*\*\* BOOK NOW – FREE PLACES AVAILABLE \*\*

### **Everyday skills for talking with adults in distress**

The Connect 5 training programme is an accessible, evidenced based course that is relevant to everyone who works or meets with the public. 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.**

**This training has been funded by B&NES Public Health and is free to participants.**

Participants are invited to attend just session A or for more in depth training both session A & B

<b>Session A (1/2 day)</b>	This session provides an overview of the Connect 5 approach to supporting people who are experiencing emotional problems:-  <b>Learning outcomes:</b> By the end of this first ½ day session you will have:- <ul style="list-style-type: none"><li>• Explored the Connect 5 model. This shows how situations impact upon our feelings, thoughts, behaviours and physical responses and how this in turn affects our mental health and wellbeing</li><li>• Examined those factors which can help us or hinder us in having positive wellbeing conversations with others.</li><li>• Used the Connect 5 model to practice conversation skills working in groups and with partners</li><li>• Been sign posted to local sources of support</li><li>• Been sign posted to other sources of learning including the second session of the Connect 5 programme</li></ul>
<b>Introduction and overview</b>	

<b>Session B (Full day)</b>  <b>Developing skills and building confidence below</b>	<p>Session 2 builds skills and confidence to work with and improve the mental health and wellbeing of others using evidence based techniques. It includes what to do when someone expresses bleak and even suicidal thoughts and sources of further help and support.</p> <p>Learning outcomes: By the end of this 1 day session you will have:-</p> <ul style="list-style-type: none"> <li>• Refreshed your understanding of the Connect 5 model i.e. the link between those things that happen to us ( situations) and how this impacts upon our feelings, thoughts, behaviours and physical responses</li> <li>• Reviewed those elements that enhance positive conversations</li> <li>• Explored and practiced a range of conversation tools that can help you have more in depth and supportive conversations with someone with poor mental wellbeing.</li> <li>• Considered how to support someone experiencing very bleak thoughts including those of self-harm and suicide and learnt about other sources of support</li> <li>• Learnt about the importance of self-care and maintaining our own positive wellbeing</li> </ul>
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### 2019 / 2020 dates

<b>Session A (1/2 day)</b>	<b>6<sup>th</sup> November 2019: 9.15 – 13.00</b>	The Brunswick Room Guildhall, High Street, Bath BA1 5AW
	<b>15<sup>th</sup> January 2020: 9.15 – 13.00</b>	Aix- en- Provence Room Guildhall, High Street, Bath BA1 5AW
	<b>12<sup>th</sup> February 2020: 9.15 – 13.00</b>	Aix- en- Provence Room Guildhall, High Street, Bath BA1 5AW
<b>Session B (Full day)</b>	<b>26<sup>th</sup> February 2020: 9.15 – 16.30</b>	Aix- en- Provence Room Guildhall, High Street, Bath BA1 5AW
	<b>24<sup>th</sup> March 2020: 9.15 – 16.30</b>	Aix- en- Provence Room Guildhall, High Street, Bath BA1 5AW

**Tea and Coffee will be provided throughout the session.**

**Please bring your own mug/cup and your lunch/snacks if required.**

**For further information on Connect 5 training contact Clare Laker in BANES Public Health**

**Dept. [clare\\_laker@bathnes.gov.uk](mailto:clare_laker@bathnes.gov.uk)**

### Booking Procedure

**Visit [Learning Pool](#) to see further details about this course and book your place**

Further information available from

**Children's and Adult's Workforce Training**

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