



Let's change
the conversation

on
mental
wellbeing

In Greater Manchester

Delivered Live Online
and Face to Face



WHAT IS CONNECT 5?

Connect 5 is a workforce training programme, created to up skill non-mental health staff to better understand and successfully address mental health issues within their everyday practice.

Connect 5 content provides an evidenced based collaborative prevention toolkit that promotes psychological knowledge, understanding and awareness and the development of skills, which empower people to take proactive steps to build resilience and look after themselves.



The **WHAT** of connect 5

Improve population mental wellbeing by changing the way we have conversations about mental wellbeing



The **HOW** of connect 5

Empowering people to change through collaborative practice and evidenced based psychologically informed tools.

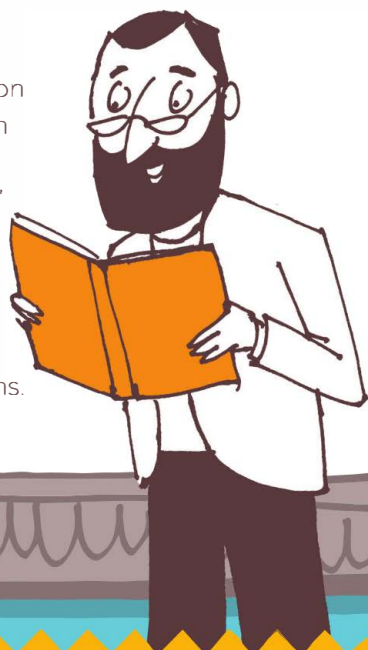
The **WHY** of connect 5

Understanding mental health and wellbeing as an everyday experience whom everyone has the skills to understand and change.



HOW IT WORKS

Connect 5 is an incremental three-session programme, escalating skills through each session. The programme underpins the principle of 'Making Every Contact Count' and supports the aim of making the best use of the skills and local contacts of frontline staff. Some staff will just undertake session 1, some session 1 & 2 whilst others go on to do all three sessions.



	Aim of the module	Who is this for?
Module 1 Brief Mental Wellbeing Support.	Support you to have conversations in which you suggest ways a person can take action to improve mental wellbeing.	Anyone who's role involves having helping conversations with the public.
Module 2 Brief Mental Wellbeing Intervention	Support you to have conversations in which you and the person you are talking to develop a shared understanding of that person's mental wellbeing needs.	Anyone whose role allows them the opportunity to engage in one off brief interventions.
Module 3 Extended Mental Wellbeing Intervention	Support you to have conversations that empower a person to make changes that address their mental wellbeing needs.	Anyone whose role gives them the opportunity to engage in brief interventions over time.

WHAT PEOPLE HAVE SAID ABOUT CONNECT 5

The Connect 5 programme is accessible, evidence based training that is relevant to the whole of the health and care workforce. It provides participants with skills and competencies that build confidence in having conversations about mental health and wellbeing in their routine practice.

Alongside addressing key objectives to upskill the health and care workforce in mental health and suicide awareness, it uniquely optimises opportunities for building a culture of selfmanagement and improved access to psychological approaches for mental health and wellbeing.

Clare Baguley

Programme Manager & Workforce Lead, The Psychological Professions Network Health Education England

In the North East, there has been an overwhelming level of interest and support for the Connect 5 training programme from a wide range of organisations and community groups, who quickly recognised its crucial preventative role in promoting mental wellbeing amongst the workforce, the customers they come into contact with and the wider population. Connect 5 helps to support the aspirations outlined in the PHE Prevention Concordat by facilitating universal responsibility for prevention and the promotion of mental wellbeing. It is applicable across the whole of the public sector workforce, employers and community groups everywhere.

Julie Daneshyar

Health and Wellbeing Programme Manager, Public Health England

HOW DO I GET INVOLVED?

If you'd like to find out more about Connect 5 and how to get involved, please get in touch:

Tameside, Oldham & Glossop Mind

Email: Office@togmind.org

Telephone: **0161 330 9223**

Learn more about Connect 5: togmind.org/connect-5

