



**Connect 5 aims to improve population mental wellbeing by changing the way we have mental wellbeing conversations.**

Connect 5 is offering an incremental three-session training programme about mental health and wellbeing. The programme is free of charge and available to community groups and individuals who have a role in supporting mental wellbeing.

The programme has been developed by academic, clinical and public mental health experts in partnership with Health Education England and Public Health England.

Sessions are currently being held online. To make enquiries about the Connect 5 programme in Wiltshire please contact Kerri Lavender at [kerri.lavender@wiltshire.gov.uk](mailto:kerri.lavender@wiltshire.gov.uk)

	What will it cover?	Who is this for?
<b>Stage 1</b> Brief Advice	Develop your core understanding of mental health, mental wellbeing and how to signpost to local services and resources that enable people to help themselves.	Anyone with an interest in improving mental wellbeing whose role involves interaction with the public, or anyone who has the opportunity to give brief wellbeing advice.
<b>Stage 2</b> 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>Stage 3</b> 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.

