

# Making every contact count for mental wellbeing

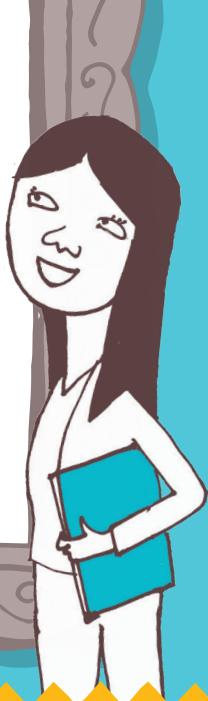


**Connect**   
Mental Wellbeing in Everyday Practice

# WHAT IS CONNECT 5?

Connect 5 is a 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.

Connect 5 has been developed by a unique partnership of academic, clinical and public mental health expertise based in Greater Manchester. The program has been designed to support practice change for anyone in a helping role.



## The **WHAT** of connect 5

Bringing wellbeing into everyday practice for the whole public facing workforce.



## 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.



	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.

# WHAT PEOPLE HAVE SAID ABOUT CONNECT 5

The Connect 5 programme is an accessible, evidence based training that is relevant to 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 the FYFV objective 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:

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