



# FREE Online Health and Wellbeing Training

**We are offering free training for Health and Social Care Professionals that can:**

- ✓ Increase skills and confidence to support people with their own mental wellbeing.
- ✓ Provide tools to support people find the right support for issues they may be facing.
- ✓ Contribute to a locality that is happier, healthier, and better equipped to manage.

## PROVISION

### Connect 5

A 3-tiered training course providing **practical tools, skills and interventions** to **better support** ourselves and others to **manage mental wellbeing**.

### Making Every Contact Count

Skills training, providing **communication tools** that can prompt people to make **key lifestyle changes**.

### Self Care When Working From Home

Meaningful support to stay safe and well when working in isolation.

**Flexible Delivery modes and methods available**

**For more info and to access a booking form please contact our trainer,  
Katharine Email: [katharine.lonsdale@N-Compass.org.uk](mailto:katharine.lonsdale@N-Compass.org.uk)  
Mob: 07734 872 529 Tel: 03450 138 208**

# Expression of interest for booking form

(please return to [katharine.lonsdale@n-compass.org.uk](mailto:katharine.lonsdale@n-compass.org.uk))

Name:..... Organization:.....

Role: ..... Geographical area:.....

Sessions required: .....

Contact email: .....

Contact number: .....

Session	What will it cover?	Who is it for?
<b>Session 1</b>	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>Session 2</b>	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>	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.
	This session aims to support staff with the knowledge, skills and confidence to offer public health and wellbeing messages to service users and colleagues during their day to day work. There is a one hour or three hour session, the longer of which allows for more reflection and discussion.	Everyone