



Connect 5

CHANGING THE CONVERSATION ON MENTAL WELLBEING

In the past year 20% of workers took time off due to poor mental health caused by pressure or stress. The right support, at the right time, can prevent this; can you help?

HEH Mind deliver Connect 5 to workers and volunteers in public or voluntary sectors within Hampshire districts, fully funded by Hampshire County Council.

Course content:

- Gain skills to engage in empowering conversations professionally and personally,
- Learn how to actively promote and support good mental wellbeing,
- Grow confidence to proactively look after mental wellbeing and equip yourself with effective tools.



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**MINDFUL
EMPLOYER**

PRIDE VETERANS
STANDARD
FIGHTING WITH PRIDE

www.easthantsmind.org
Charity No. 1116301

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About the course:

Sessions are available online and in person, consisting of three 3-hour modules delivered over three weeks. Delivered by experienced trainers to small groups. Access to a post-training continued learning network.

How to book:

If you meet prerequisites, book a funded space via this QR code.

Contact us:

- connect5@easthantsmind.org
- www.easthantsmind.org



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