



# 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.

## 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](mailto:connect5@easthantsmind.org)
- [www.easthantsmind.org](http://www.easthantsmind.org)



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