Connect 5

Mental Wellbeing in Everyday Practice

Session 2

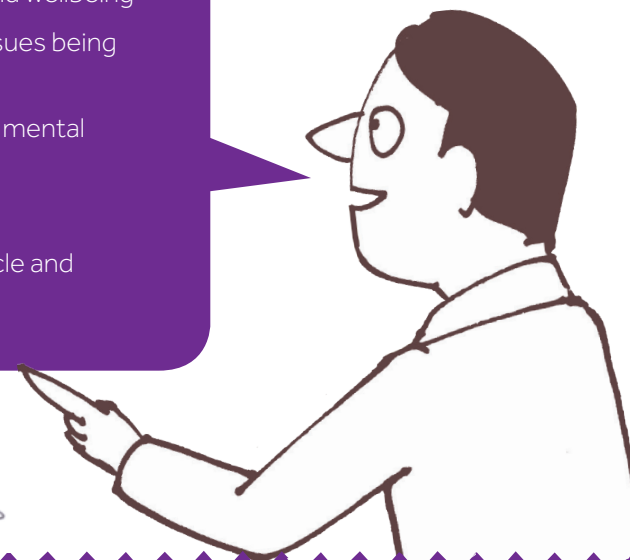# Certificate of Attendance

This is to certify that

completed a full day course on

Learning Outcomes

▶ Apply the five areas model in conversations about mental health and wellbeing

▶ Recognise the nature and extent of mental health and wellbeing issues being presented and how best to deal with it.

▶ Practice skills needed to start, follow and end a conversation about mental health and wellbeing

▶ Identify steps that can be taken to improve mental health

▶ Identify local services and resources that help break the vicious cycle and improve mental health and wellbeing

Trainer(s)