



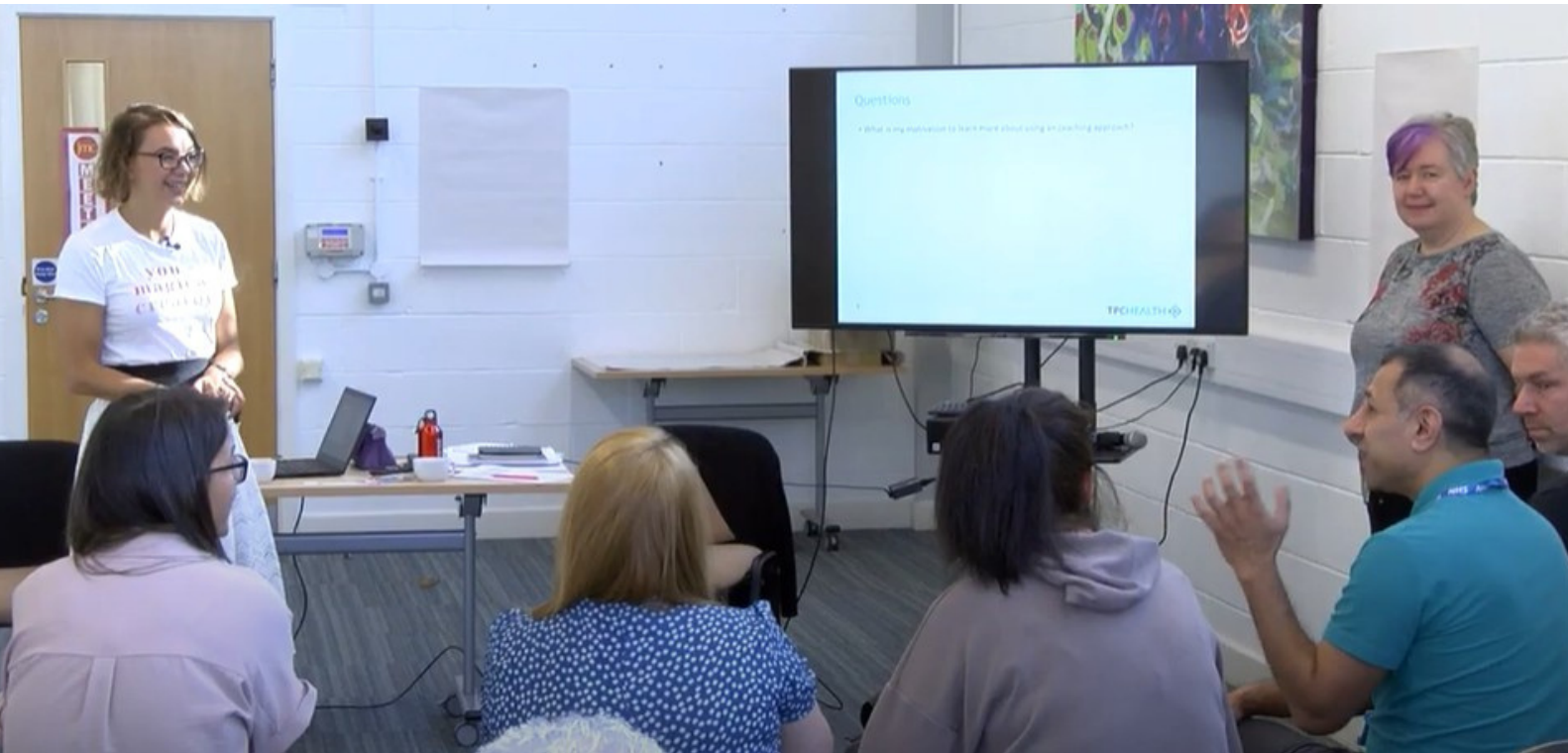
Fully-funded course to help learners familiarise themselves with Make Every Contact Count.

- Learn how to apply MECC teachings to conversations within the community to support health and wellbeing.
- Focussing on brief conversations as part of the everyday contact we have with people.
- Learn how to support people with a variety of topics including smoking, physical activity and diet.
- No previous knowledge is required in order to obtain the content of this course.

 17 Online sessions running throughout June, July, August & September

Scan the QR Code to book your spot or learn more





Learn how to support individuals struggling with their mental health and how to make referrals.

What to expect:

- Learn how mental health and wellbeing affect people in every day settings.
- Learn how to feel confident in discussing mental health and wellbeing.
- Learn to start and have a mental health and wellbeing conversation.
- Understanding Mental health in the workplace.
- Discover available mental health and wellbeing support and resources.

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