



# Courses for workforce development

**THRIVING**  
at work  
South Gloucestershire

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South Gloucestershire  
Council



## Connect 5

This course has been developed by the Royal Society of Public Health and aims to increase the confidence and skills of frontline staff to be effective in having conversations about mental health and wellbeing. It can be delivered as a one half day course or as an incremental three-session programme as a half day and two full days, which draws on cognitive behavioural therapy skills and the Five Ways to Wellbeing in order to help people manage emotional distress and increase resilience and mental wellbeing through positive changes.



## Mental Health First Aid training

The training will benefit staff wishing to develop their understanding and fundamental skills relating to mental health.

### **By the end of the course participants should be able to:**

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

All courses are free. Pre-arranged courses are available to book. Courses can also be arranged with single employers or partnerships by private arrangement to suit specific requirements.

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For more information about these courses or to have a discussion about how these courses could be delivered in your work place, please contact

✉ [mentalhealth@southglos.gov.uk](mailto:mentalhealth@southglos.gov.uk)

