

Free online training to support conversations about mental health and emotional wellbeing

If you are likely to come into contact with people in distress, please consider taking some of these free learning opportunities online:

- The **Samaritans** website provides a host of support tools which you may find helpful, please see the links below:
 - Having a difficult conversation, and [SHUSH listening tips](#) to becoming a better listener
 - [Tips for helping someone open up](#): this came from the Brew Monday campaign and covers spotting signs, starting conversations and follow up
 - [What to do if someone you know is suicidal](#): this is more action focused
 - Looking after your personal wellbeing: a tool to introduce [wellbeing in the workplace](#) to individual employees.

- **Connect 5 E-training**

Connect5 is a mental health promotion training programme designed to increase the confidence and core skills of front line staff so that they can be more effective in having conversations about mental health and wellbeing, help people to manage mental health problems and increase their resilience and mental wellbeing through positive changes.

GM is making available digital delivery of Session 1 of Connect 5 training. This session is designed to increase confidence and offers tools for conversations about mental wellbeing.

<https://www.togmind.org/connect-5>

- **Suicide – Let's Talk:**

Anyone managing difficult calls or conversations may want to complete this free 20 minute online training via the **Learn to Save a Life** tab on

<http://www.shininglightonsuicide.org.uk/> It contains useful learning on how to help someone at risk of suicide stay safe.

And don't forget to look after yourself too: **NHS Every Mind Matters** provides simple tips and advice on looking after our own mental health: <https://www.nhs.uk/oneyou/every-mind-matters/>