

Learn more about mental health and wellbeing

There are a number of online mental wellbeing training and resources you can use to understand more about supporting yourself and others.

Connect 5

Connect 5 is a mental health training course designed to increase the confidence and skills of frontline staff.

The training helps you to have effective conversations with people you work with about mental health and wellbeing.

This training is for all frontline staff and volunteers.



Visit Eventbrite to book onto the next Connect 5 training.

All Our Health

The guidance on applying All Our Health to mental wellbeing and mental health helps health professionals prevent ill health and promote wellbeing as part of their everyday practice.



Visit the gov.uk website to read the guidance.

Learn to save a life

Zero Suicide Alliance offers a free online training module.

This in-depth suicide awareness training session gives you the skills you need to help someone who is struggling with suicidal thoughts.

It can be accessed by anyone at anytime and takes just 20 minutes to complete.



Visit the Shining a Light on Suicide website to access the training.

Greater Manchester Wellbeing Toolkit

This interactive online toolkit provides tools and advice on keeping our health and social care workforce well.

There are top tips on how you can find the help for yourself or support those around you.



To access the toolkit visit the GMICP website.

Trauma

The Introduction to Adverse Childhood Experiences and Early Trauma training is free online training.

This nationally available course is suitable for anyone who works with children, young people and their families.

The course takes approximately 50 minutes.

You can also read about the working definition of trauma-informed practice on the [gov.uk website](#)



Visit the melearning website to access the training.

Greater Manchester i-THRIVE Introduction

The i-THRIVE introduction gives an overview of the THRIVE Framework for system change which is a conceptual framework for system transformation that supports the redesign of Greater Manchester's children and young people's mental health in its widest terms. The THRIVE Framework enables a revitalisation of supportive, asset based approaches to mental health treatment that redefines the tiered model of children and young persons' mental health care.

This training is for people who work with children and young people in Greater Manchester and can be accessed at any time.

Greater Manchester i-THRIVE Arts and culture

This i-THRIVE arts and culture training introduces you to the value of arts and culture for mental health.

The module is aimed at people working with children and young people in Greater Manchester in any sector including Child and Adolescent Mental Health Services, education, children's social care and the voluntary sector.

This training can be accessed at any time.



Visit the melearning website to access the training.

[Click here for either i-THRIVE training resource](#)