

Making Every Contact Count training



- **FREE** Virtual or F2F Training
- Royal Society of Public Health accredited
- You will need access to Zoom and a laptop or computer to complete this training



Making Every Contact Count (MECC) is about using our everyday conversations to help people make positive changes to their physical and mental health and wellbeing. The free training will help you to encourage people to think about change and offer help such as signposting to local services and groups or by providing further information.

What is the Training?

MECC training consists of a 3-hour Face to Face session in which you will discover:

- How you can support someone to explore their own health and wellbeing
- How using more effective responses can help people to find their own solutions
- How you can support someone to think about their own behaviour change plan

For more information please contact: zoewilliams@everyonehealth.co.uk

