

# Free MECC Training Courses



## MECC accredited courses with a certificate on completion.

Making Every Contact Count (MECC) is about using everyday conversations to help people make changes to improve their physical and mental wellbeing by signposting to local services. Training includes helping others to find solutions and create behaviour change plans.

- Free Virtual or face-to-face Training
- Royal Society of Public Health accredited

### Courses available

**MECC Short** A short (approximately 1 hour) training session suitable for frontline staff/volunteers who have completed previous MECC training but need some refresher training to support and enhance their MECC interventions.

**MECC Lite** A 3½ hour training session for frontline staff/volunteers who have not completed any previous MECC training.

**MECC Train the Trainer** A 3 day course to enable frontline staff/volunteers to develop the confidence and competence to become MECC trainers/champions so they can deliver 'in-house' training sessions for colleagues.



**Doing  
& Our  
Bit**

### To book

Visit: [bookwhen.com/everyonehealthmeccstaffordshire](https://bookwhen.com/everyonehealthmeccstaffordshire)

Email: [eh.staffs@nhs.net](mailto:eh.staffs@nhs.net)

Visit: [staffordshire.everyonehealth.co.uk](https://staffordshire.everyonehealth.co.uk) for available training dates

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