

## Making Every Contact Count for Mental Health across the North West of England



### The project in a nutshell

Commissioned by Health Education England (HEE) and delivered by the Royal Society for Public Health (RSPH), this project will develop mental health promotion training using the Making Every Contact (MECC) approach. The aim is to upskill the frontline non-specialist workforce in primary and community care settings across the North West of England to integrate mental health promotion into routine practice.

Currently, we are calling for expressions of interest from organisations in primary and community care, including VCSE organisations with links to the health system, to nominate individuals to become MECC for Mental Health local Lead Trainers and Trainers. The offer includes:

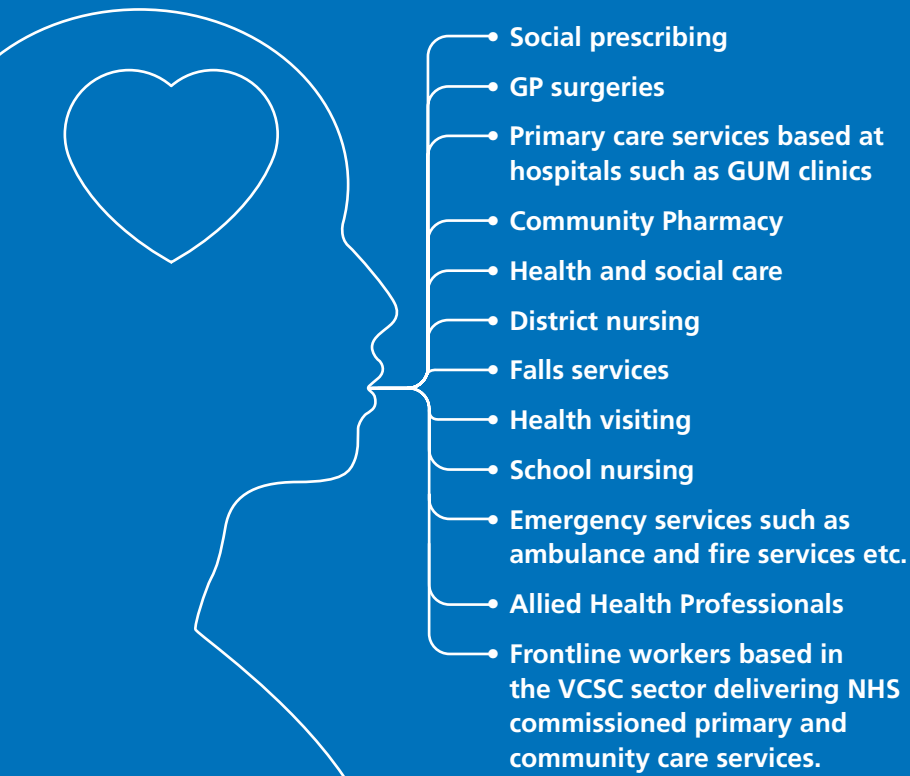
- A Train the Trainer programme
- Access CPD accredited training a resources including e-learning and micro digital learning
- Ongoing guidance and logistics support
- A training grant for organisations nominating Trainers (£200) or Lead Trainers (£1000)
- RSPH Membership for nominees which provides additional professional development opportunities including a wide range of e-learning programmes on dementia, sleep, community development, health improvement etc.

## How does the project support your work?

The integration of mental health promotion in primary and community care services supports prevention of mental health crises and improves users' and patients outcomes. Furthermore, the impact of COVID-19 has increased the need and demand for mental health support in the population. Estimates say that this may be as high as 20% of adults and 15% of children in the coming months and years (Centre for Mental Health, 2020).

The Making Every Contact Count approach to promoting mental health and wellbeing is an effective, evidence based and proactive way of addressing this need.

### Target settings



If you would like to find out more now please email us on [MECCforMH@rsph.org.uk](mailto:MECCforMH@rsph.org.uk).

### Interested in reading a case study?

[Please click here to learn about how this work supports mental health promotion in Trafford.](#)

