MAKING EVERY CONTACT COUNT

Healthy Chats for Better Health

ASK Take the opportunity, getting the conversation going to build your understanding and assessing how you might help.

ASSIST In light of your understanding, offering information, making it personalised and appropriate.

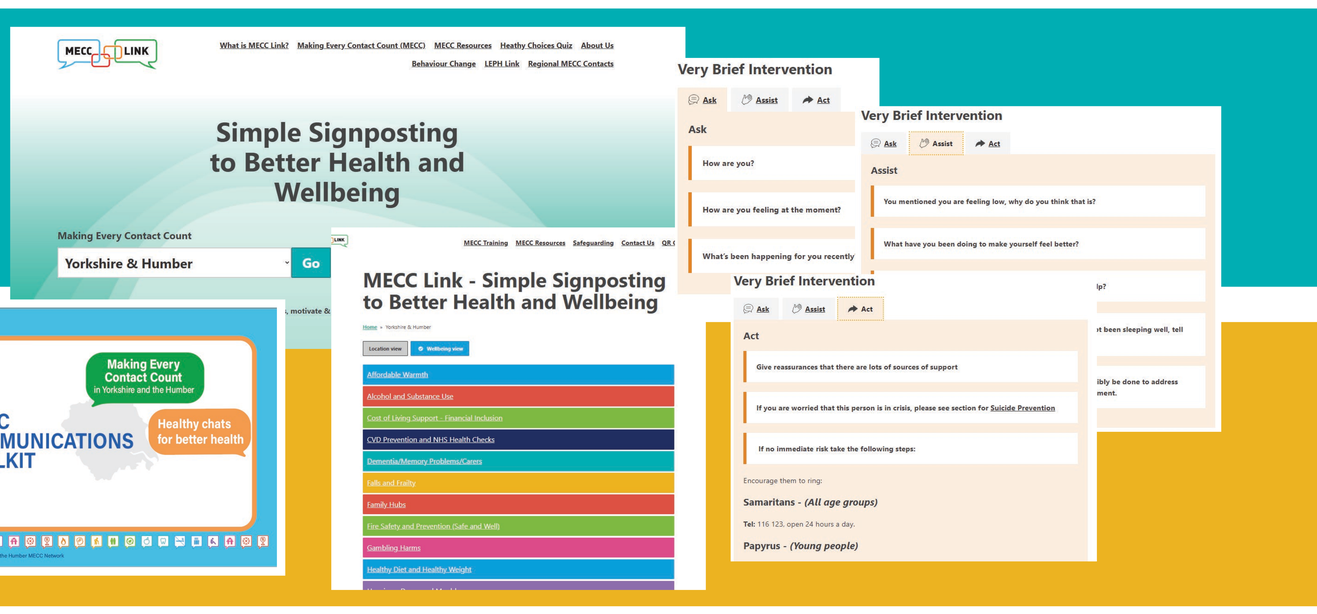
ACT Use MECC Link to signpost to primary sources of self-care, national or local services.

MECC Link - Simple Signposting to Better Health and Wellbeing

Scan the QR code to access MECC Link

RESOURCES

Scan the QR code to find out more and access resources and training:



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Yorkshire & the Humber MECC Network