

Please note all information provide in this booklet was correct at time of publication, always check via contact or websites for the respective organisations for latest details. Although recommended based on positive feedback, **Rethink Mental Illness** are not associated in any way with the applications, has not undertaken any checks or due diligence and cannot give any assurances as to the safety of the applications.

This book has been compiled by volunteers with **Rethink Mental Illness** services within Wiltshire.



This booklet is available to download from:
rethink.org/wiltshirewellbeingcafes

**Rethink
Mental
Illness**

We are the charity for people severely affected by mental illness, no matter what they're going through.

For further information on Rethink Mental Illness
Phone **0121 522 7007** or
email info@rethink.org

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rethink.org

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**Rethink
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Illness**

Including tips on online safety

Digital Inclusion and Support in Wiltshire



This guide provides you with a quick reference on what online support or digital information is available in Wiltshire. Also included are some helpful tips to keep you safe online as well as signposting to other services and websites with similar guidance.



For ease, SEARCH indicates the keywords to use in your browser to find the useful websites (clickable links in the digital version)

Educational Institutes

There are courses on offer at selective campuses across Wiltshire, Swindon or online. These are available as full or part-time and with separate modules enabling you to pick and choose depending on what you wish to learn. Please see websites below for full details:

Wiltshire Colleges:

SEARCH: Wiltshire College

Swindon New College:

SEARCH: Swindon College

Charities and Organisations

Below are charities, organisations or community support that can help you in person or online:

Wiltshire Libraries:

SEARCH: Wiltshire Library Computers

The Wiltshire Bobby Van Trust:

SEARCH: Wilts Bobby Van Safe Online

Good Things Foundation:

SEARCH: Good Things Foundation

Learn My Way:

SEARCH: Learn My Way

Age UK:

SEARCH: Age UK Technology

The Ability Net:

SEARCH: Ability Net

WEA - Adult Learning Within Reach

SEARCH: WEA Technology Courses

Lloyds Bank Academy

SEARCH: Lloyds Bank Learning Hub

Barclays Digital Wings

SEARCH: Barclays Digital Wings

Scouts Digital Skills

SEARCH: Scouts Digital Skills

Further information and guidance

Online Safety

Visit the following websites for up-to-date information on how to stay safe online.

Get Safe Online

SEARCH: Get Safe Online

National Cyber Security Centre

SEARCH: Gov Cyber Security

Wiltshire Police

SEARCH: Wiltshire Police Cyber Crime

Passwords

It is a good idea to have strong passwords when enrolling into websites, email etc.

The Get Safe Online website has useful information and the dos and don'ts for passwords:

SEARCH: Get Safe Online Passwords

Mobile phone apps

There are many apps to help you with work, play and assist you through your daily life. Below are some that you may find useful in day-to-day activities:

MIPERMIT

MIPERMIT for parking at participating Wiltshire county council Pay and Display parking lots.

ZOOM

Zoom is a great platform to video call your family and friends.

Hub of Hope

Hub of Hope is a useful mental health support network.

nextdoor

Nextdoor let you know what's happening in your local community for events, and if you need help you can get recommendations of tradespersons.

moovit

Moovit to help plan trips, find routes, pay fares, and access on-demand transit options with real-time information.

ACTION FOR HAPPINESS

Action for Happiness gives you tips and tools for your wellbeing.

Another helpful app to have is your **online banking**. You will need to contact your bank for more information on how to download your banking app.

