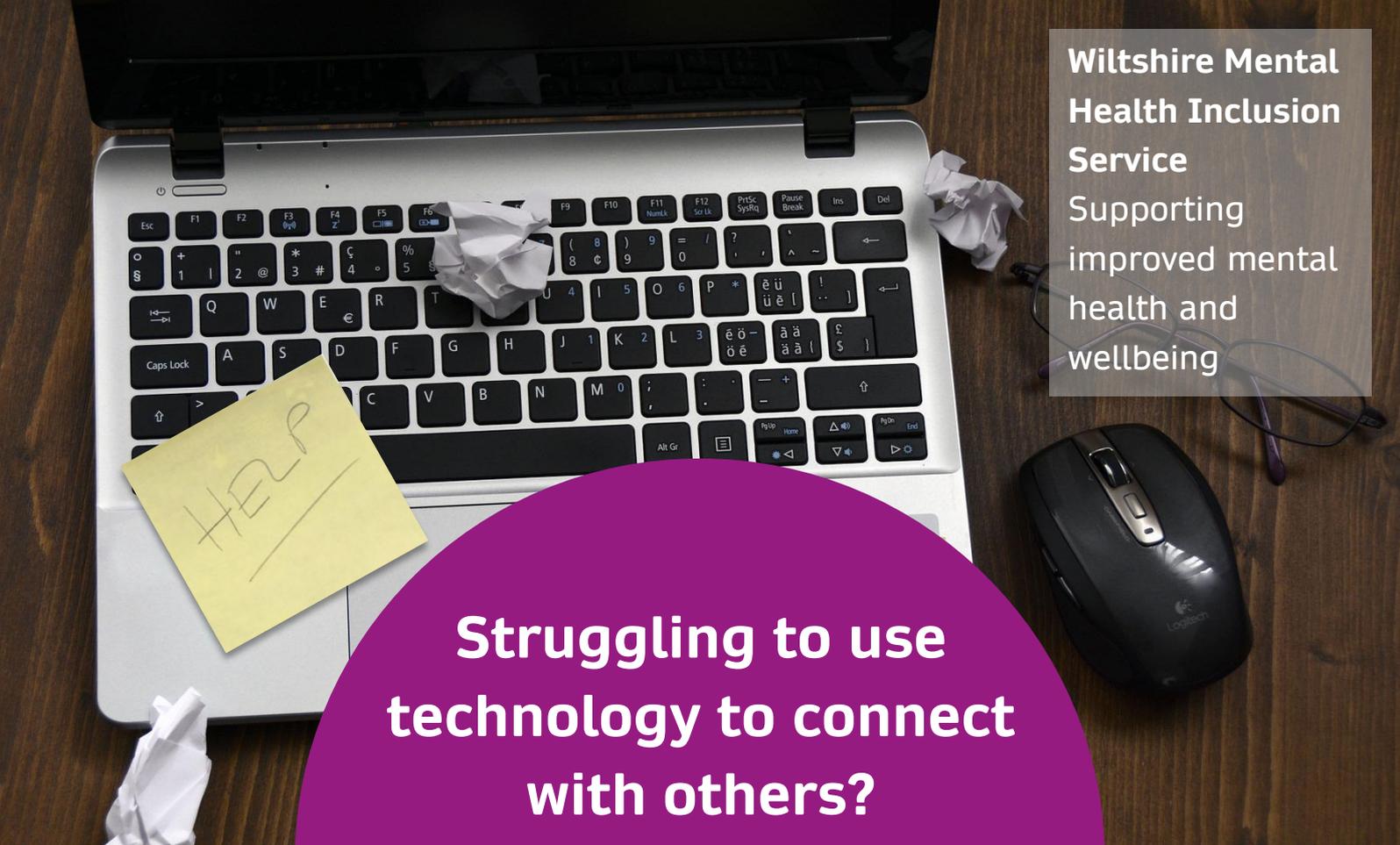


Wiltshire Mental Health Inclusion Service  
Supporting improved mental health and wellbeing



## Struggling to use technology to connect with others?

Want to use the likes of Zoom, Instagram, Facebook, email and WhatsApp but don't know where to begin? Then you may benefit from support from one of our volunteer Digital Tech Buddies.

Our Digital Tech Buddies will work with you over the phone (and later via Zoom) over a 4 week period to help you to use technology so that you can be more socially included. It might be that you want to join a family WhatsApp group but that you don't know where to begin. Or it could be that you would like to reconnect with long lost friends through Facebook but lack the confidence to do so. Our Digital Tech Buddy will contact you at an agreed time each week for an hour's appointment to support you to achieve your digital goals.

### DIGITAL TECH BUDDY REFERRAL

To access this scheme, please download and complete the referral form available on our website:

[www.rethink.org/WiltsMHIS](http://www.rethink.org/WiltsMHIS)

Alternatively, please contact:

Gavin Perry-Harry

(Peer & Volunteer Coordinator)

- Telephone: 07467 756640
- Email: [gavin.perry-harry@rethink.org](mailto:gavin.perry-harry@rethink.org)

***NOTE:*** To access this scheme, you must have been referred to either Rethink Mental Illness or Access Community Mental Health services in Wiltshire.



[rethink.org/wiltsmhis](http://rethink.org/wiltsmhis)



[wiltshireinclusion.service.clic-uk.org](http://wiltshireinclusion.service.clic-uk.org)



WiltshireMHIS



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