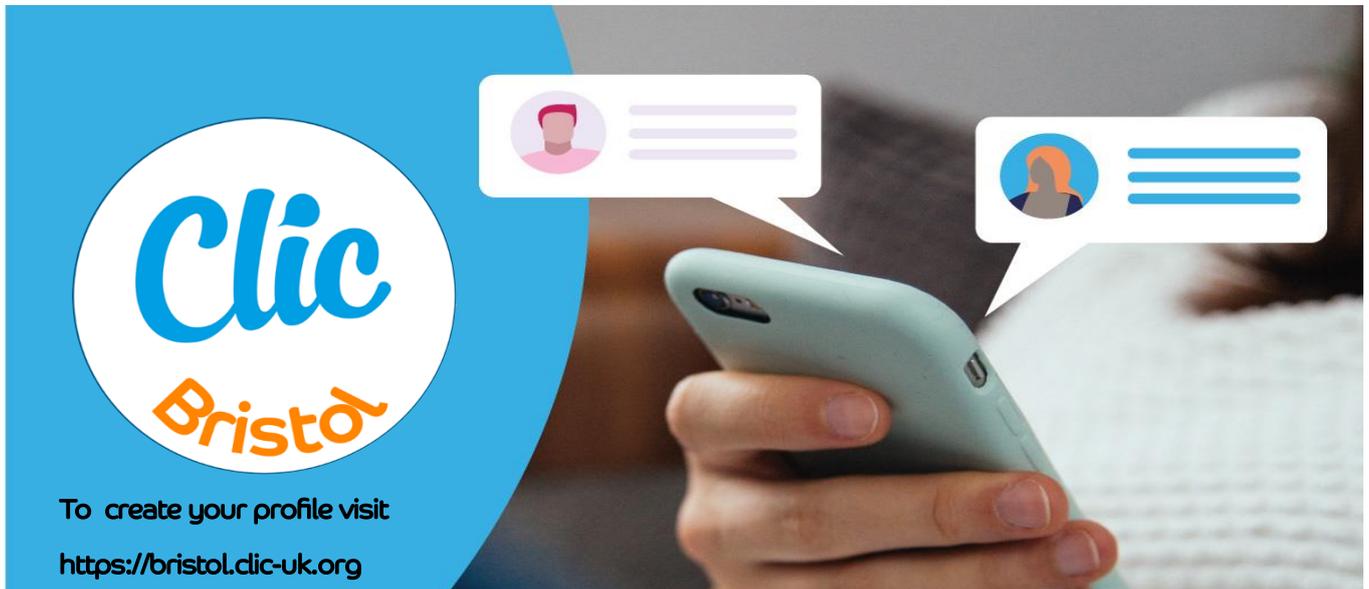


# Clic, Bristol



[CLIC, Bristol](https://bristol.clic-uk.org) is a thriving online community that offers invaluable support to individuals seeking assistance with their mental well-being. It is one of the local communities on [Clic, UK](https://www.clic-uk.org). This platform is open 24/7, providing users with a safe space for peer-to-peer connections, sharing experiences, and overcoming isolation. Our team of dedicated moderators ensures a secure and respectful environment by actively monitoring the community from 8 am to 10 pm, 7 days a week.

## Key Features of CLIC, Bristol:

### 1. Clic Chat:

Engage in conversations with fellow members, seeking advice, sharing tips, or simply engaging in friendly chats about your day. Clic Chat fosters a sense of belonging and camaraderie among individuals facing similar mental health challenges.

### 2. Discussion (Local) Forums:

Our friendly discussion forums are designed to empower users by providing access to helpful information and enabling discussions on topics that matter to them. It serves as a knowledge-sharing platform where individuals can seek guidance and support from the community.

### 3. Information & Support Contacts:

Once logged into CLIC, Bristol, users gain access to a wealth of mental health information, tools, tips, and resources. Whether you require information about mental health conditions, strategies to manage symptoms, or contact details of local support services, CLIC provides comprehensive resources to assist you on your journey to wellness. Furthermore, we offer resources that extend support to carers, family members, and friends.

#### 4. Mood Tracker:

CLIC features a user-friendly mood tracker, designed to help individuals identify, understand, and manage their moods effectively. With a straightforward colour system, this tool facilitates self-reflection and empowers users to make lifestyle choices that contribute to improved mental well-being.

To ensure confidentiality, CLIC, Bristol requires a one-time sign-up, allowing individuals to use the platform with an anonymous name if preferred. We prioritize user privacy and maintain strict confidentiality of all sign-up information.

We would be delighted to provide a presentation to your organization, offering a more comprehensive understanding of CLIC, Bristol and its numerous benefits. Should you require any additional information or have any queries, please do not hesitate to contact our Digital Officer via email at [bhavika.jadav@rethink.org](mailto:bhavika.jadav@rethink.org).

Thank you for considering CLIC, Bristol as a valuable resource in supporting mental health within your organization. Together, we can make a positive impact and foster a community that thrives on well-being.

Sign up: <https://bristol.clic-uk.org>