

Clic
Wiltshire

To create your profile visit wiltshire.clic-uk.org

#### **CLIC CHAT**

for a quick chat or any questions you may have about your mental health

## **FORUMS**

for group style chat on particular topics and shared interests

#### **INFORMATION & SUPPORT**

with listings of local support services and organisations

#### **MOOD TRACKER**

to monitor your moods, helping to understand them





# SAFE, SECURE AND SUPPORTIVE

with the site moderated every day, between 8am and 10pm, and a flag button if you see any concerning content.

### Find us online:



rethink.org/wiltsmhis

**f** @

@WiltshireMHIS



@wiltshire\_mhis

Wiltshire
Mental Health
Inclusion Service







Clic Wiltshire is brought to you jointly by the Wiltshire Mental Health Inclusion Service (from Rethink Mental Illness) and the Access Community Mental Health Service (an Alabaré and Rethink Mental Illness partnership). Also in partnership with Mental Health UK within Clic UK.