

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 postive 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 the **Wiltshire Mental Health Inclusion Service**. The service is here to support you if you are feeling lonely or isolated due to your mental health and create opportunities of growth for you to access your local community. The service also offers digital inclusion help via **Digital Tech Buddies** who will provide support for individuals to use technology to be more socially included.

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Wiltshire  
Mental Health  
Inclusion Service

Phone: 07467 764171

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For further information  
on Rethink Mental Illness  
Phone 0121 522 7007  
Email [info@rethink.org](mailto:info@rethink.org)

[rethink.org](https://rethink.org)

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The logo for Rethink Mental Illness, featuring the text "Rethink Mental Illness." in white on a blue circular background.A photograph of a woman with glasses and a striped shirt sitting on a patterned couch, looking at a laptop. The laptop has a large 'Z' logo on the lid. The background shows a framed picture of a building and a sign for 'SUFFOLK ALES'.

## Wiltshire and surrounding areas online support and digital information

Including tips on online safety

**Wiltshire Mental Health Inclusion Service**

This guide provides you with a quick reference on what online support or digital information is available in Wiltshire and surrounding areas. 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 (and are 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: Wilts College Adult Learning](#)

#### 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.

