



Wiltshire Mental Health Inclusion Service

Struggling to use technology to connect with others?

Wish to have more confidence sending emails, using social media platforms, instant messaging or video conferencing, 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 (later via video conferencing) to help you use technology so that you can be more socially included.

The support consist of 4 one-hour sessions with the aim of helping you achieve specific digital goals.

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

www.rethink.org/WiltsMHIS

Alternatively, please contact us via:

Telephone: 07467 764171

Email: **WiltsMHIS@rethink.org**

Find us online at:



rethink.org/wiltsmhis



wiltshire.clic.org.uk



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