A local and tailored online community supporting the mental health and wellbeing of Wiltshire residents

> A walk up Westbury White Horse really

clears my mind

## Clic WILTSHIRE

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



## Quickchat

Information & Support

Local Discussion Forums

> Safe, Secure & Supportive

Clic Wiltshire is a community within the national Clic UK platform. If you already have a Clic UK account, you can request to join the Wiltshire Inclusion Service community. Whether you have a question about your mental health, want to share your own tips and advice, or just have a general chat about your day. Quickchat allows online conversations between members.

Access a host of mental health information, links, and resources to help yourself, as well as your carers, family and friends.

Join a local chat group to find helpful information and discuss topics related to your interest, needs or what is happening in your area.

Clic is a community and safe space for you to speak and connect with others. The site is moderated 24 hours a day, 7 days a week by trained staff and volunteers. The moderators follow clear guidelines on supporting users and monitoring inappropriate content.

Wiltshire Mental Health Inclusion Service

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Mental Health UK

Have you

been to the Happy Café in Salisbury?