





## Contact us

If you have any questions about Wiltshire Mental Health Inclusion Service, or would like make a referral or find out more about opportunities, please get in touch – we'd be delighted to hear from you!

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 Rethink  
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Illness.

Leading the way to a better  
quality of life for everyone  
severely affected by mental illness.

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# Wiltshire Mental Health Inclusion Service

Supporting independence  
and wellbeing

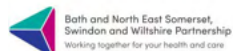


## Support

- 1:1 intensive support to reduce isolation
- Transition support for 16 to 21 year olds
- The digital web-based app, Clic Wiltshire, that will host tailored information for your area.
- Drop-in hubs across Wiltshire supporting rural communities.
- Peer and volunteer opportunities including digital buddies and travel companions schemes
- Sign-posting, advice and guidance.

Working in partnership with

 Wiltshire Council  
Where everybody matters

 Bath and North East Somerset,  
Swindon and Wiltshire Partnership  
Working together for your health and care



# What we do

Help support you if you are feeling isolated or lonely due to your mental health and create opportunities of growth to access your local community

## Clic

Clic is a free online community here to support everyone with their mental health

**"It's a safe place to share feelings, and it's useful to get other people's advice and experiences"**

### *Clic Wiltshire*

Local community within Clic UK which provides tailored advice, guidance and support for your area.

### *Clic Chat*

For a general chat, to share advice or to ask a question to someone, Clic Chat allows online conversations between members.

### *Discussion Forums*

Discuss topics that matter to you in our friendly discussion forums.

### *Info and Support*

Find helpful information and resources

For **Clic Wiltshire** and how to register visit: <https://wiltshireinclusionservice.clic-uk.org/>

## Inclusion Support & Network

We offer one to one support tailored to your needs, helping you to overcome mental health barriers to being involved and included in your local community. Some examples include:

- A gradual, step by step approach, to finding and attending local social, support or interest groups.
- Gaining confidence to access public transport independently.
- Help to find other services available, and signposting.
- Guidance to get online safely and find digital resources available.
- Specialised staff to support young people, aged 16 +, to transition from children's mental health services and to set meaningful inclusion goals.
- Advice and support on using skills and tools to manage your own mental wellbeing at home.

All of our interventions are designed to promote independence and increase self-resilience, helping individuals to stay on track after support ends.

You are eligible for support if you:

- suffer with mental ill-health, and
- are aged 16 years and over, and
- are a Wiltshire resident

## Mental Health Hubs & Drop-Ins

We will be running various hubs to create flexible drop-in centres for those requiring support. These hubs will be established in four key areas of Wiltshire (North, East, South and West) but will also include delivery of rolling drop-ins to cover the rural community.

## Peer & Volunteer Opportunities

A big element of the service will be peer or volunteer support and opportunities. Individuals can access guidance from peers who may have had similar experiences, and anyone will be encouraged to be part of this network of peers. Opportunities include:

- Travel Volunteers- supporting people to access public transport
- Digital Tech Buddies- Helping people get online
- Hub Volunteers- meeting and greeting others and providing local information.

Please contact us if you are interested in volunteering.

