



Our Support

- In-person one-to-one intensive support from an Inclusion Coach to help reduce social isolation
- A step-by-step, tailored approach to build confidence with community activities
- Peer and volunteer opportunities such as Peer Support Workers, Digital Tech Buddies and Travel Buddies
- The free online mental health community, Clic Wiltshire
- The Greener Health Project supporting green lifestyle changes to help improve health and wellbeing
- Happy Cafés for social get-togethers
- Pop-up activities offering local community engagements

If you have any questions about Wiltshire Mental Health Inclusion Service, or would like to find out more about what is on offer, please get in touch - we'd be delighted to hear from you!



Wiltshire MHIS

The Independent Living Centre, St George's Road, Semington, Wilts. BA14 6JQ



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Our vision is equality, rights, fair treatment, and the maximum quality of life for all those severely affected by mental illness.

For further information on Rethink Mental Illness
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rethink.org

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Rethink
Mental
Illness.

Wiltshire Mental Health Inclusion Service

Supporting independence
and wellbeing



What we do

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

Inclusion Support and Network

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

- Support in finding and attending local social, support or interest groups
- Advice and support on using skills and tools to manage your own mental wellbeing at home
- Help to find and access additional local and national services
- Gaining confidence to access public transport independently
- Supporting young people (16+) to transition from children's mental health services
- Pop-up activities and Happy Café for wellbeing and peer support community engagements

Peer and Volunteer Support

We run an evolving programme of peer support that is delivered by a team of volunteers, many of whom have lived experience of mental health problems. Opportunities include:

- Volunteer Peer Support Workers (helping with activities and events)
- Happy Café Volunteers (supporting the facilitation of informal get-togethers)
- Digital Tech Buddies (helping people to get online)

Greener Health Project

The Greener Health Project is run by a volunteer within the service. Participants are offered sessions to facilitate green lifestyle changes with the aim of sustainable improvement to health and wellbeing. Please note this is only available in the Bradford-on-Avon and Trowbridge areas.

Digital Inclusion and Clic Wiltshire

Clic Wiltshire is a free online mental health community which provides tailored advice, guidance and support for you and the area. Key elements of the platform include:

- Clic Chat and Forums - provide peer support with direct or topic related chat
- Information and Support - a directory of services and useful organisations

The **Digital Tech Buddy** scheme is where a volunteer will work with you to help you use technology so that you can be more socially included. This is typically on topics such as: video calling, emailing and social media.

Who We Can Support:

*You are eligible for support if you suffer with mental ill-health, **and** are aged 16 years and over, **and** are a Wiltshire resident (or registered with a GP in Wiltshire)*

Find us online:

rethink.org/wiltsmhis 

wiltshire.clic-uk.org 

[@WiltshireMHIS](https://www.facebook.com/WiltshireMHIS) 

[@wiltshire_mhis](https://www.instagram.com/wiltshire_mhis) 

