



Our Support

- In-person 1-2-1 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
- Pop-up activities and Happy Café's 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
Phone 0121 522 7007
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rethink.org

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Rethink Mental Illness is the operating name of National Schizophrenia Fellowship, a company limited by guarantee.

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 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:

- A step-by-step approach, to 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, and signposting, to find and access other services available
- Gaining confidence to access public transport independently
- Support young people (16+) to transition from children's mental health services
- Pop-up activities and Happy Café events 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)
- Digital Tech Buddies (helping people to get online)
- Travel Buddies (helping people to get to where they need to)

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 - for peer support via direct or topic related chat
- Information and Support - a directory of services and useful organisations

Digital inclusion support is also available via the **Digital Tech Buddy** scheme where a volunteer will work with you to help you use technology so that you can be more socially included.

Find us online:

rethink.org/wiltsmhis



wiltshireinclusion.service.clic-uk.org



@WiltshireMHIS



@wiltshire_mhis



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)*