



Support

- 1-2-1 intensive support to reduce isolation
- Drop-in hubs in Wiltshire supporting rural community
- Peer and volunteer opportunities including hub support and digital tech buddy scheme
- The digital web-based app, Clic Wiltshire, that will host tailored information for your area
- Sign-posting, advice and guidance

You are eligible for support if you:

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

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



07467 764171



WiltsMHIS@rethink.org



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
Email info@rethink.org

rethink.org

Registered in England Number 1227970. Registered Charity Number 271028.
Registered Office 28 Albert Embankment, London, SE1 7GR.
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 & 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.
- Trained 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.

Mental Health Hubs & Drop-Ins

We deliver community mental health drop-in hubs in key locations within the county. The drop-in hubs are free for anyone needing support with their mental health and wellbeing. A chance to meet with one of our Inclusion Coaches and discuss what opportunities are available to you to help your wellbeing and find community support.

Peer & Volunteer Support/Opportunities

We run a continuously evolving programme of peer support and volunteer 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:

- Community Hub Volunteers (greeting others and providing local information);
- Digital Tech Buddies (helping people get online)

Online Mental Health Community

Clic is a free online community here to support everyone with their mental health - within which we have created Clic Wiltshire. Clic Wiltshire provides tailored advice, guidance and support for you and the area. Key elements of the platform include:

- Clic Chat - for more direct general chat and advice
- Forums - for conversations on particular topics
- Information & Support - a directory of services and support

"I am so grateful for all the help and support I have had. I wouldn't be where I am now without it"

