



# Feeling lonely or isolated?

## Do you feel anxious about social situations?

### Wiltshire Mental Health Inclusion Service

The Wiltshire Mental Health Inclusion Service is here to 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.



#### One-to-one support

In-person, one-to-one support from an Inclusion Coach to help you overcome mental health barriers to being involved and included in your local community.



#### Digital inclusion

Digital inclusion via the provision of Clic Wiltshire (a free online mental health community) and Digital Tech Buddies supporting individuals to use technology to be more socially included.



#### Peer support

Peer support and volunteer opportunities to facilitate a strong network of peers for support and guidance.



#### The Greener Health Project

The Greener Health Project supporting green lifestyle changes to help improve health and wellbeing.

### Find us online:



[rethink.org/wiltsmhis](https://rethink.org/wiltsmhis)



@wiltshire\_mhis



[wiltshireinclusionservice.clic-uk.org](https://wiltshireinclusionservice.clic-uk.org)



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**Rethink  
Mental  
Illness.**