



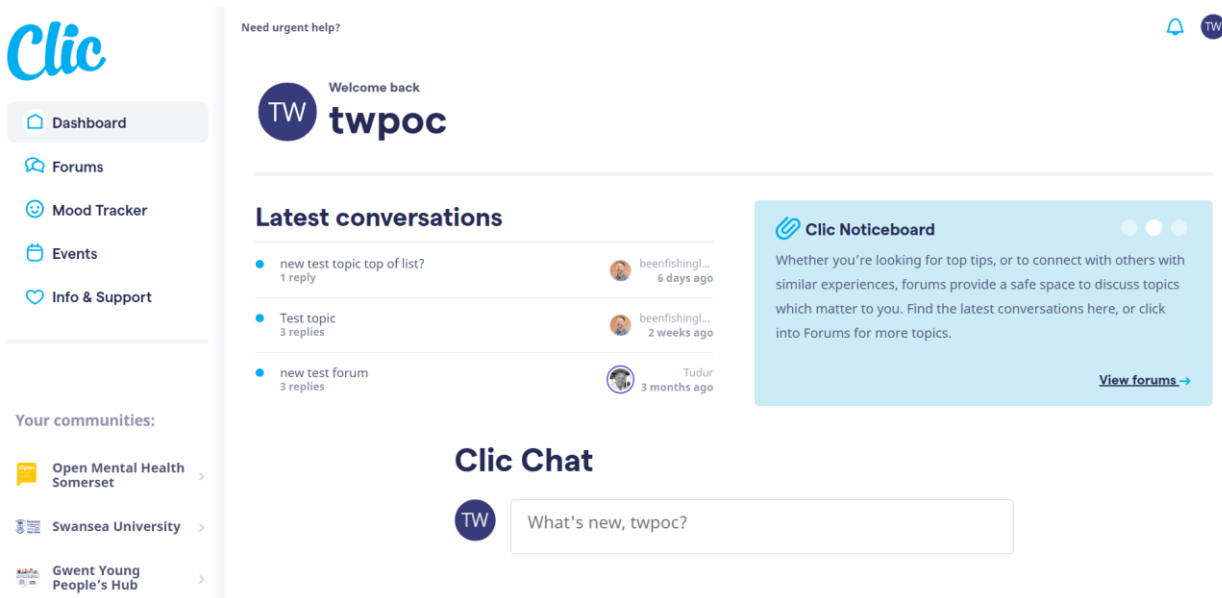
Clic User Guide

Using Clic

Whether it is a question about your mental health, finding useful information, or if you are looking to share your own personal experiences, Clic is an all-in one UK-wide online community built to support adults with their mental health.

Dashboard

When you log in, you are presented with your *Dashboard*. Down the left hand side you have the menu bar, and in the middle you can see the latest conversations happening on the *Forums*, a *Noticeboard* with updates on Clic and our “*Clic Chat*” feature.

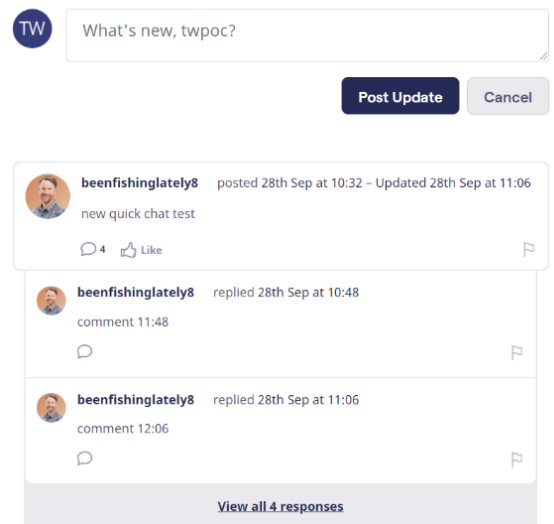


Stay Connected with Clic Chat

The *Clic Chat* feature is our pride and joy, best utilised as an outlet for any questions you may have about your mental health as well as for sharing tips and advice. Sometimes, it can be useful for you if you just want to chat about your day.

Clic Chat is the fastest way to reach out to other members and to begin having supportive online conversations. Just type whatever you want to say in the box and hit “*Post Update*”.

Clic Chat



Friendly Discussion Forums

Our friendly discussion forums cover a variety of different issues our users face – there is even a place where you can talk till your hearts content about pets!

Alongside *Pets Corner*, there are several other *Staying Well* forums dedicated to the activities which keep us well. These are useful for seeking advice around finances, physical health and employment.

Whether you're looking for top tips, or to connect with others with similar experiences, forums provide a safe space to discuss topics which matter to you.

If you are keen to connect with others who have had similar mental health experiences, we also have forums focusing on different mental health conditions. There is also a Carer's Hub and a space for local peer support groups from across the UK to meet online and chat.



Forums

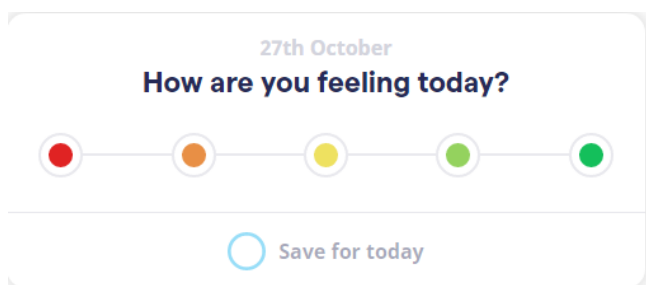
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[Staying well](#) [Carers hub](#) [Mental health conditions](#) [Local support groups](#)

- Finance & money**
For anyone looking to discuss mental health and money.
- Staying connected**
A space to discuss how we stay connected and combat loneliness.
- Physical health**
Share ideas of staying physically active.
- Creativity & arts**
A space for sharing creative ideas for staying well.
- Workplace & employment**
Discuss topics relating to workplace & employment.
- Pets corner**
A place to talk pets!
- Top tips**
Join in to share your top tips on staying well.
- Tell us what you think of Clic**
- Suggestions**

Measure how you feel with Mood Tracker

Your mood can affect so many of your everyday decisions, that's why one of Clic's features is a simple to use mood tracker that uses a straightforward colour system. If you are more aware of your moods and what influences them, you may be able to better manage your lifestyle choices. Being aware of what mood you are in and finding ways to improve it can be the beginning of managing your mental health and wellbeing.



It's normal to feel low sometimes, however if you're seeing lots of red on your mood tracker and are concerned about your mental health, there is support available through the signposted links on the Clic site.

Learn with Live Events

Every month, we host a live *Question & Answer* session with mental health experts on a range of topics which have so far included *Mental Health and Money*, *BAME Mental Health* and *Coping with Loss*. All you have to do is join the *event* at the advertised start time and post any questions you have for our panellists in the *live chat*.

Every event we've broadcast stays on Clic, so you can go back and watch it at any time!

Events

Join us at one of our live stream events to hear from mental health experts across the UK.



Watch videos from previous events



30 September at 10:00
Black, Asian and Minority Ethnic (BAME) mental health



09 September at 11:00
Adjusting to the new normal - support with lockdown easing

Find Useful Information and Support

Clic is home to a wealth of information, tools, tips and resources to help people manage their mental health, and/or to signpost them to key services in their local community.

The information on the site focuses on 5 key factors that shape our mental health: housing, employment, finances, social connections and physical health. There is also information on managing your mental health during the Covid-19 pandemic.

Using the *Find Support in Your Area* button also allows you to search by postcode for peer support groups and services operating in your locality.

A Safe and Supportive Mental Health Forum

If you have or have had mental health problems, it can often be daunting to reach out in person to friends, family or even healthcare professionals. So, we built a safe online environment to help aid this where possible.

As well as taking measures to ensure cutting-edge security around privacy and data, *Clic* is also moderated 24 hours a day, each and every day by a team of trained mental health experts. Strict [house rules](#) for users and moderators are enforced to truly enable people to feel safe online.

But as with any online community, it can have tough and challenging elements to it. Sometimes there are challenging conversations happening on *Clic*, and you will see people posting who have been unwell for a long time and may not get better. *Clic* is here for everyone, regardless of their previous experience of mental health problems. Our aim is for the service to complement support they are getting elsewhere.

So if you're using *Clic*, remember our 3 tips to take care of your own mental health when posting on the site:

- *Be kind to yourself and others*
- *If you feel overwhelmed in a conversation, don't feel pressured to respond immediately. You can always come back to a conversation. You can always leave a conversation.*
- *Think before you post. Are you comfortable sharing this information? You can always delete your own posts if you want to.*

Clic is built for you, its users. Therefore we are always looking at ways to improve the information and features we have. If you have any suggestions on what we can do better, feel free to reach out at clic@mentalhealth-uk.org

Information & support

Whether you're looking for information about mental health, support to manage your symptoms or contact information for local services, this section contains useful links and resources to help you.



Managing your mental health during the coronavirus outbreak

Find information and tips for managing your mental health during the coronavirus outbreak (also known as COVID-19). Whether you're social distancing or self-isolating you may be feeling anxious or stressed during this time, and that's completely normal. Visit our Covid-19 information hub for simple steps you can take to look after your mental health and wellbeing.

[Find out more](#)