

Improve access to digital mental health support

Register
to join:



Do you work in a Third Sector organisation that supports mental health and wellbeing?

Would you like to learn more about digital mental health and digital inclusion?



Join us for a **90 mins** training initiative funded by Scottish Government: Digital Inclusion for Mental Health, developed specifically for **practitioners working in Third Sector organisations supporting mental health and wellbeing**.

During the training practitioners will explore:



- Digital inequality, inclusion and mental health
- Barriers that can affect access to digital tools and therapies
- Inclusive, person-centred conversations about digital tools for mental health
- What self-referral digital therapies are available and what they involve
- Practical ways to support people with low digital confidence or accessibility needs
- Signposting to additional digital inclusion support and resources



Who should attend?

The training is open to **all Third Sector organisations supporting mental health and wellbeing** in Scotland. **No specialist digital knowledge is required.**



Sessions will be held on Zoom and 2 dates are available:

30th September or 1st of October. An additional date may be offered depending on demand.

Register now to secure your place:

<https://tinyurl.com/38cens7y>