

# TOP TIPS WHEN GOING ONLINE

This is a guide created by service users and researchers to help people with severe mental ill health with going online.

- 1). The internet can be frustrating if you can't get something to work, which can have a negative impact  
If this happens you can:
  - Take a break and have some food and water.
  - Stop and walk around!
- 2). It is ok to learn gently and at your own pace in a way that is good for you.
- 3). Many people want face to face support and it's ok to ask for the kind of support you need.
- 4). It can be helpful to decide in advance what you want from the internet. This might be finding information, using social media or email, for work or anything else you decide.
- 5). You may want or need to get virus protection.

## Tips for using Social Media

- 1). Facebook – There are privacy settings that you might want to find out about and use.
- 2). Remember, you can delete people who don't make you feel good!
- 3). Consider having breaks from social media e.g. at the weekend.
- 4). Have caution about sharing information online, decide in advance what to share and who you want to share it with.
- 5). The internet and social media can be bad and good.