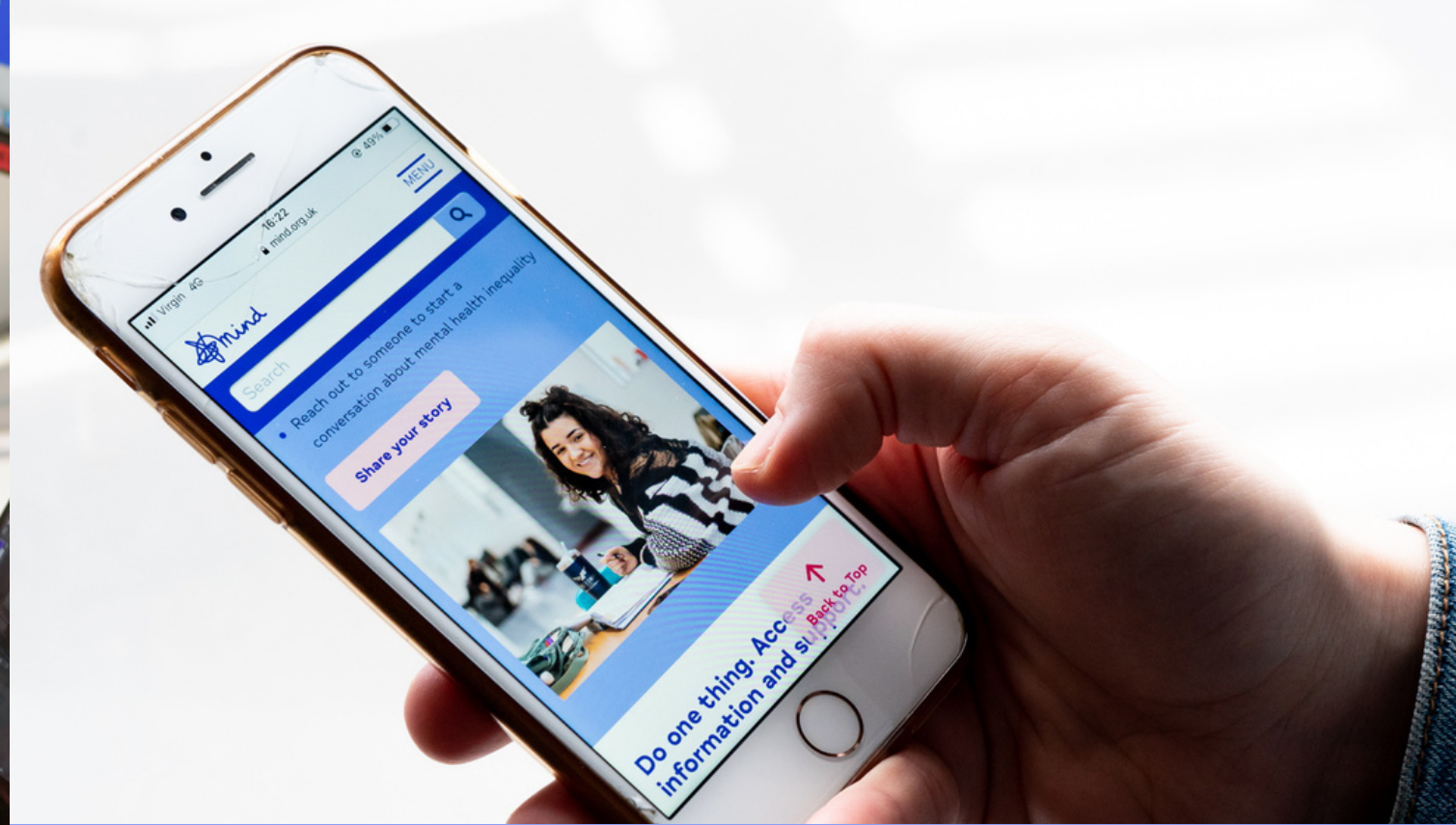
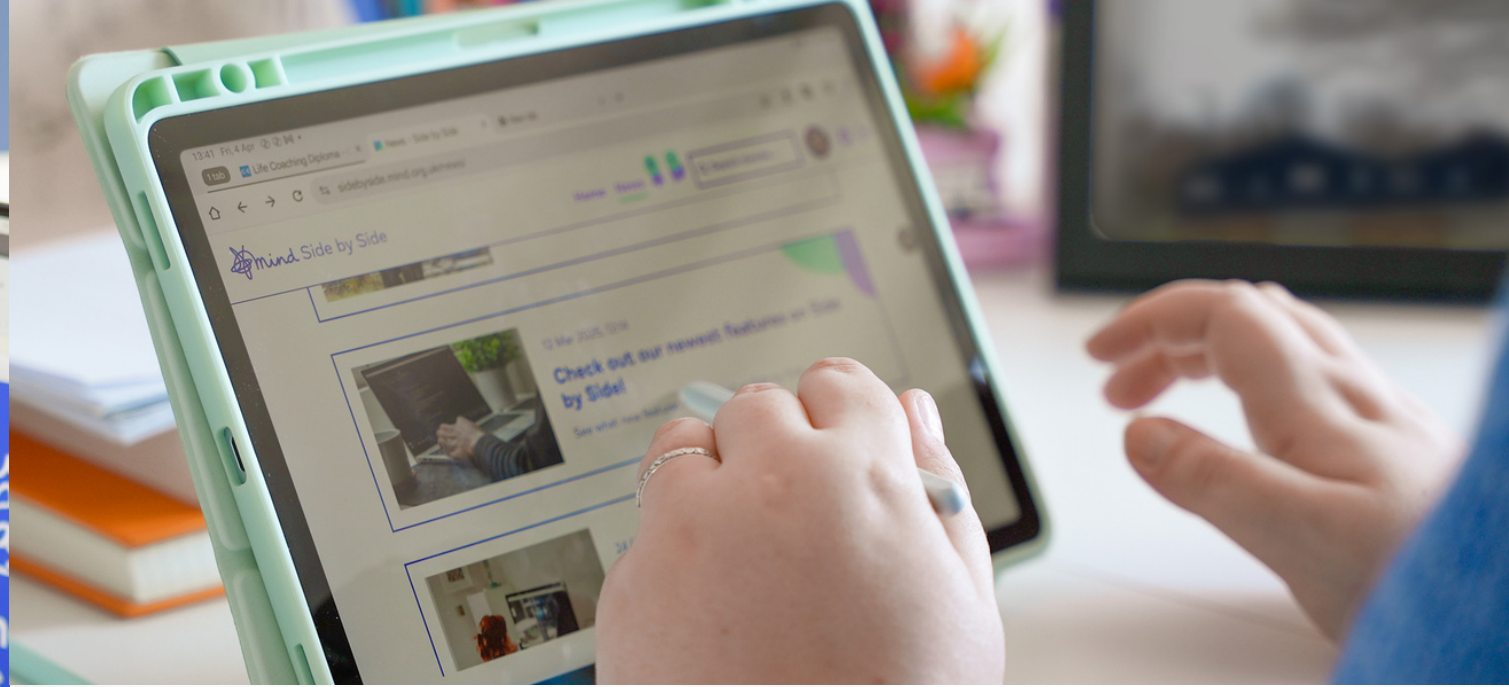




Wellbeing, Tech & Me

6-Week Digital Confidence Course

Join Tyneside and Northumberland Mind's 6-week in-person programme, designed to build your confidence, connection and wellbeing in a digital world, with the help of a tech savvy Wellbeing Coach and Volunteer.

The Digital Confidence Course is for anyone 16 years of age and over living in the North East who would like support getting online. Across the 6-week course, we will explore:

- How to use devices like phones, tablets and computers
- How to stay safe online, spot scams, spam and fraud
- Ways you can feel less worried when on the internet
- Where you can find trusted websites for mental health and wellbeing support
- How to find and use helpful apps like the NHS app
- An introduction to social media and it's safe use
- How to spot fake news, misleading images and Artificial Intelligence (AI)
- Easy tech tips to help you and others

Could we help you feel safe, confident and in control online?

Email wellbeing@tynesidemind.org.uk

Call 0191 477 4545

We're your local mental health charity. Find support available in your area at:
www.tynesidemind.org.uk


Tyneside and Northumberland
Charity No: 1140856

Need to talk? Call our Support Line!
We're here to help with your mental health. Available:
Weekdays: 2pm–10pm / Weekends: 12pm–8pm
0330 174 3174 / 0191 477 4545
(Calls are charged at a local rate)

