

Connect Me can help you manage your mental health and wellbeing at home. The system will automatically contact you to ask about your mental health as part of your treatment. This is a **FREE** service via web access or by text message. Your mental health professional can discuss the benefits of Connect Me and how to can use it.

## STEP 1



### Web portal

On initial enrolment, you will receive an email to introduce you to Connect Me and explain how to access the system by using a weblink to the secure portal.

**Check your junk emails for these emails.**



### Or Text message

You will receive a series of text messages with information on how to use the service.

## STEP 2



The system will contact you when your mental health professional needs to ask a set of simple questions about your health and/or clinical measurements.

The times and frequency will be agreed with your mental health professional.

## STEP 3

### What happens next?

When you submit your answers these will be shared with your mental health professional and will be used as part of your treatment plan.



### What if I want to stop the service?

If you do wish to stop the service please inform your mental health professional that you would like opt out from any communications.

### What happens with my health information?

Find out how NHS Scotland handles personal health information at [NHS Inform](#).