

LIKEMIND

An online mental health
companion for young people




Website User Guide

Tips for using the Likemind website

Find the website

You can find the website by typing  likemind.nhs.uk into your browser search bar.

 BROWSER SEARCH BAR

Some common browsers are:



Safari,



Firefox,

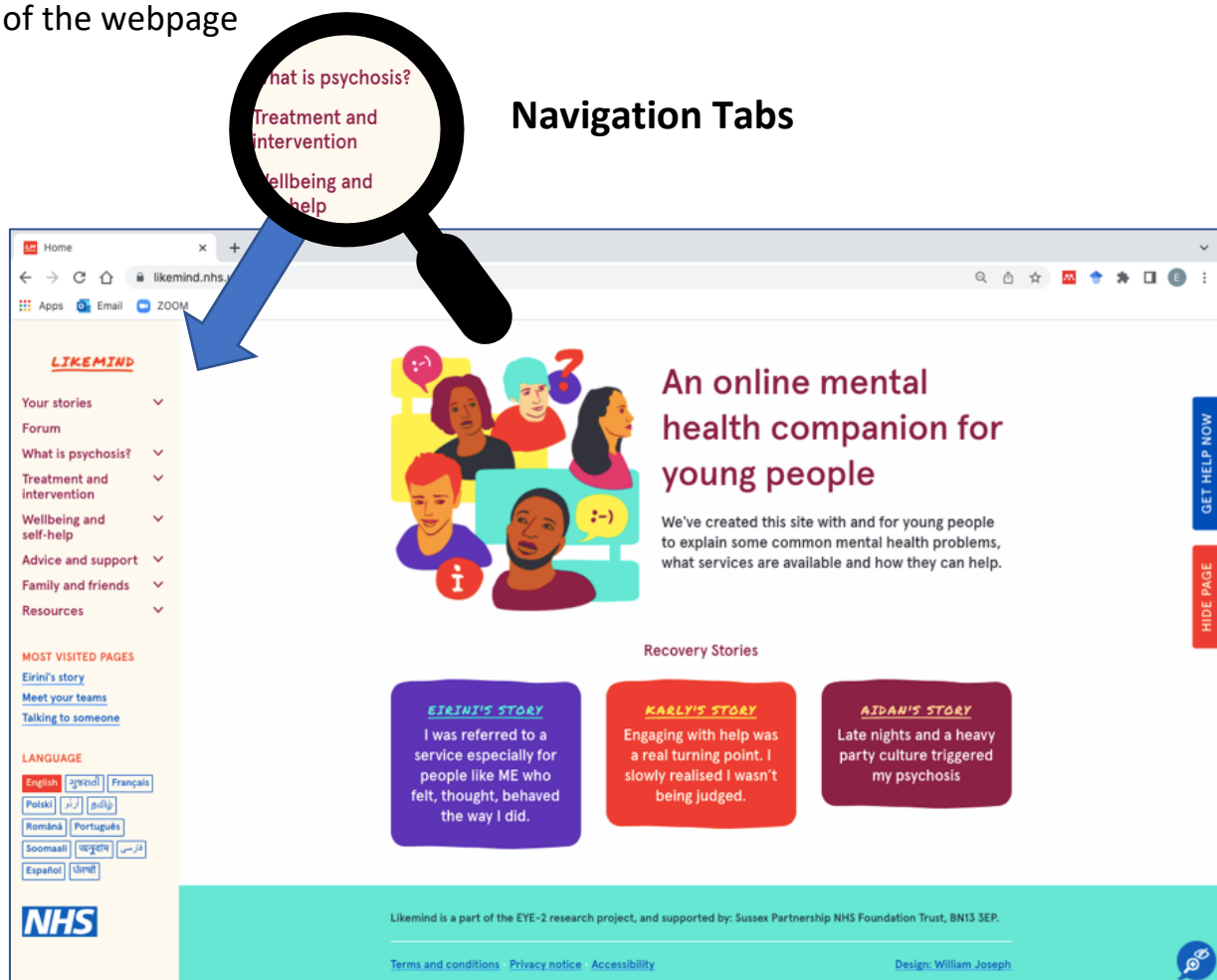


Microsoft Edge

Find the different webpages on the Likemind website

You can find your way around the different pages using the navigation tabs on the left hand side of the webpage

Navigation Tabs



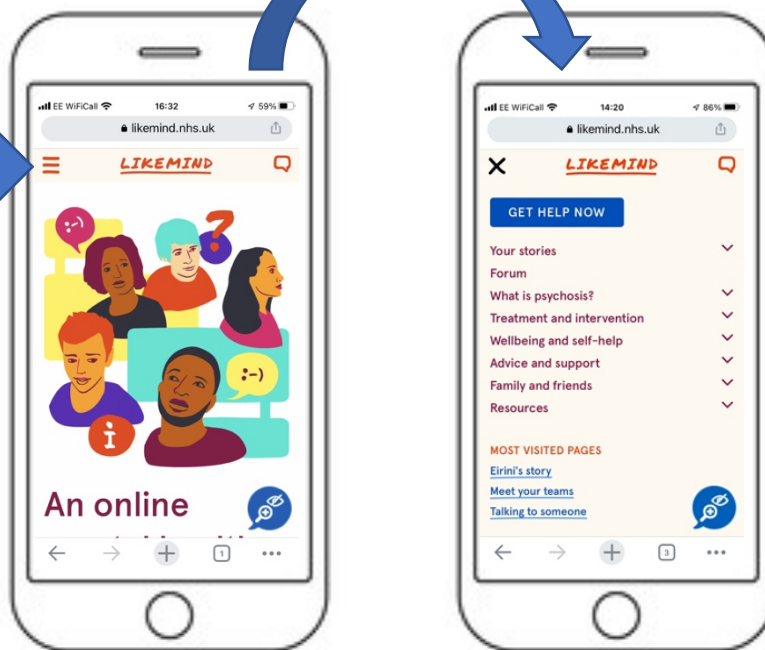
The screenshot shows the Likemind website interface. On the left, a navigation menu lists various topics: 'Your stories', 'Forum', 'What is psychosis?', 'Treatment and intervention', 'Wellbeing and self-help', 'Advice and support', 'Family and friends', and 'Resources'. Below these are 'MOST VISITED PAGES' and a 'LANGUAGE' section with buttons for English, Polish, Romanian, Somali, and Spanish. The main content area features a header with the title 'An online mental health companion for young people' and a sub-header 'Recovery Stories'. Three story cards are displayed: 'EIRINI'S STORY', 'KARLY'S STORY', and 'AIDAN'S STORY'. A magnifying glass is positioned over the navigation menu, highlighting the 'What is psychosis?', 'Treatment and intervention', and 'Wellbeing and self-help' tabs. A blue arrow points from the magnifying glass to the 'What is psychosis?' tab. The footer contains the NHS logo, a disclaimer about the EYE-2 research project, and links for 'Terms and conditions', 'Privacy notice', 'Accessibility', and 'Design: William Joseph'.

Find the different webpages on the Likemind website using a smartphone or iPad

If you are using a smart phone or iPad, you can open the navigation tabs by clicking on the three lines in the top left-hand corner

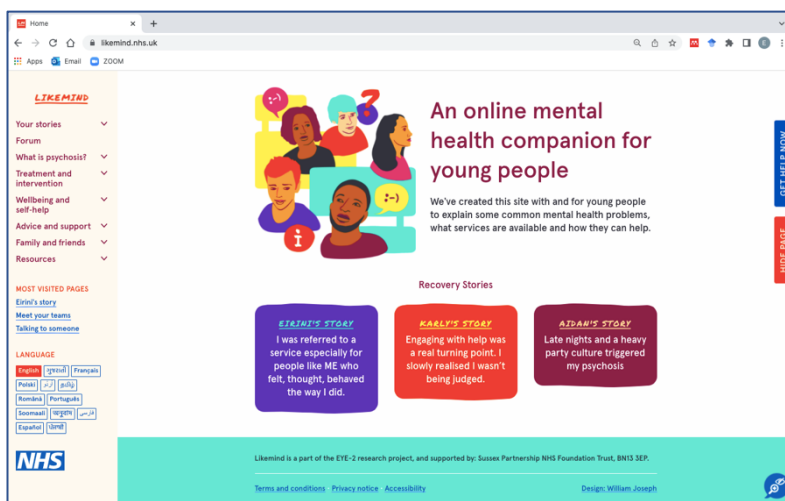


Opens the navigation menu



Quickly closing the website

If you want to close the website quickly you can click on the 'Hide Page' tab on the right of the screen

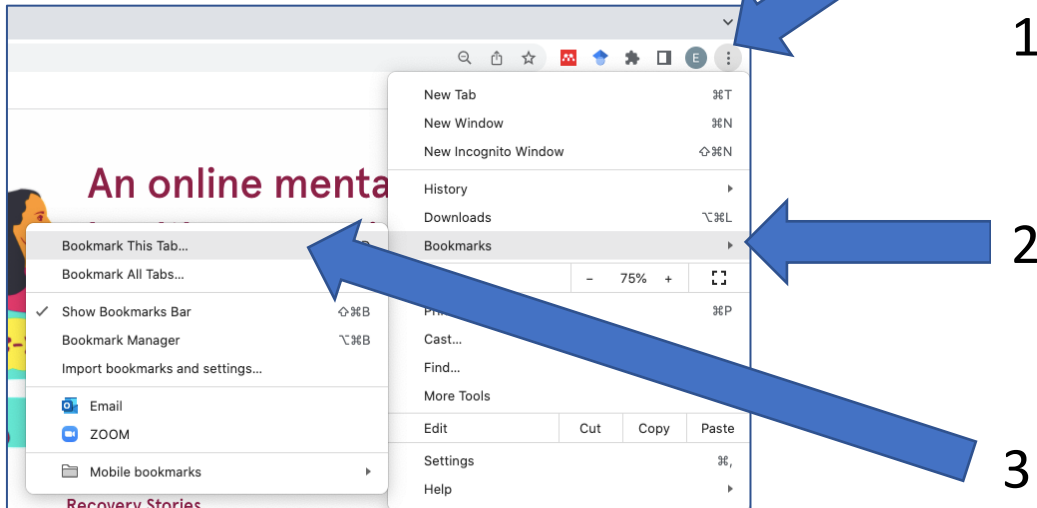


Closes the website

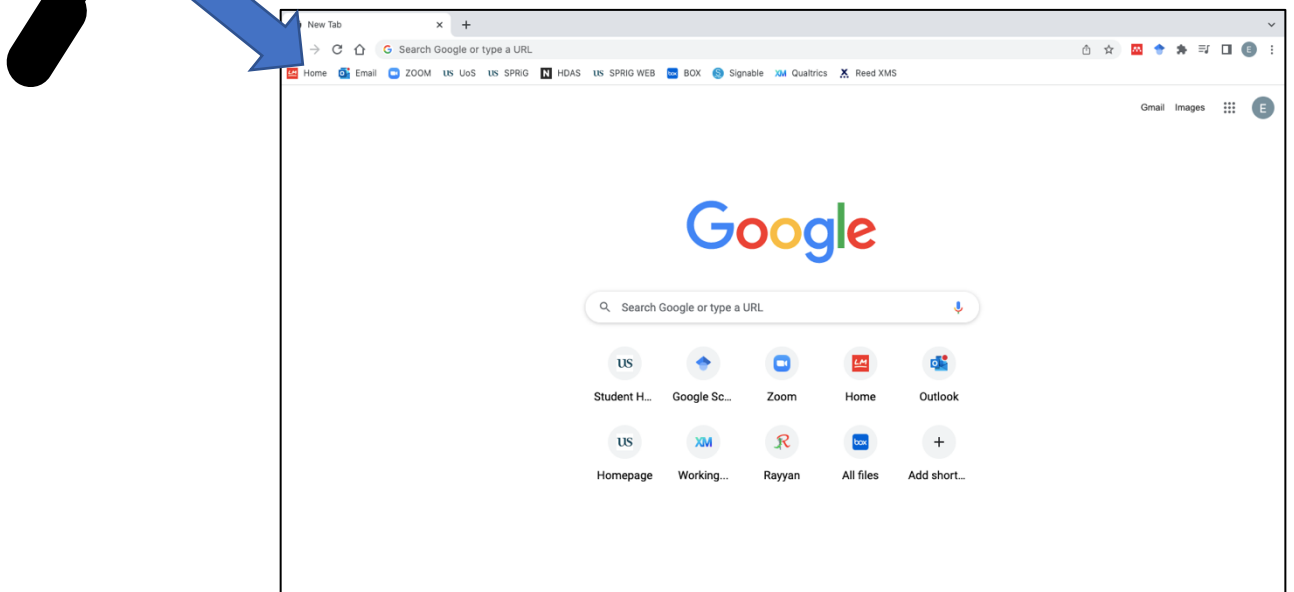
Bookmarking the website

If you want to 'bookmark' the website, you can create a quick link below your browser search bar


1. Click on the three dots at the top right of your screen
2. Click on 'Bookmarks'
3. Click on 'Bookmark this Tab'



You can now get to the website by clicking the Likemind Home button when you open your internet browser



Downloading and reading documents

There are loads of documents on the website with information that you might want to read, print out, or keep. They are collected all together in the  [Resources](#) section. When you click on the 'download' link the document will open on your screen.



Share documents using your smartphone or iPad

If you're using your smart phone or iPad, you can open and read the document by clicking the link. Once the document is open on your phone you can use the icon in the top right of your screen to share the document using apps you have installed onto your phone. For example, if you want to email, text or WhatsApp the information to yourself or someone else.



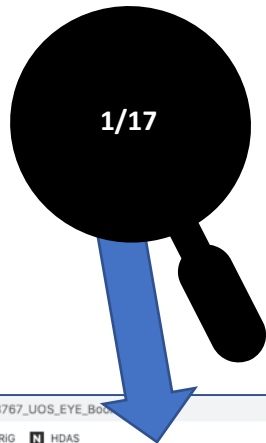
Downloading or printing information from the website

You can read, print, download and save documents on your computer. Click on the link to open the document on your screen.

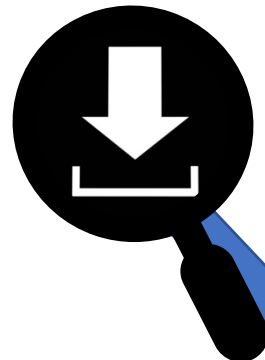
Takes you back to the website



Type in a page number to skip to a specific page



Download and save the document



Print the document

