

# MINDWELL powered by Enablely

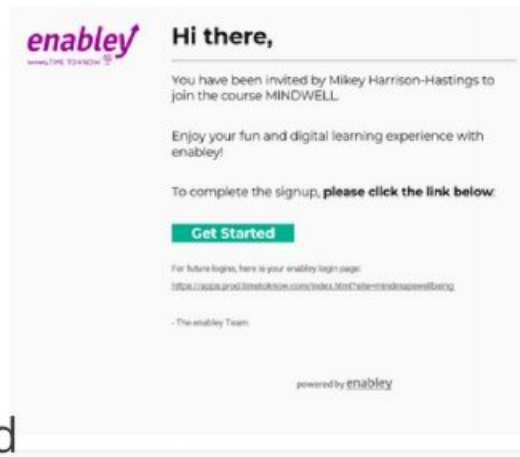
Designed for your mental wellbeing

**MINDWELL**  
SELF-CARE • LEARNING • RESOURCES • MUCH MORE

Created by Mindmaps Wellbeing

## Registration / Login

You will receive an email from noreply@enablely.co



Click on Get Started

## On desktop:

A desktop view of the MINDWELL registration page. At the top, it says 'Designed for your mental wellbeing' and 'MINDWELL' in large letters. Below that, it says 'Created by Mindmaps Wellbeing'. The main content area features a landscape image with a text box that says 'Account name is: mindmapswellbeing'. To the right is a registration form with fields for 'Enter your first and last name' and 'Choose password (see 8 rules)'. Below the form are 'Password requirements' (At least 8 characters, Upper and lowercase letters, Must have both letters and numbers) and a 'SIGN UP' button. At the bottom, there is a well illustration and text: 'Bringing you a 'Well' full of information &amp; support for your self-care, with learning modules, A-Z resources, tools for your wellbeing, sharable files, community discussion board, direct message instructor team and much more. Ask us about our Tailored MINDWELL options for organisations to make your MINDWELL truly unique. BY REGISTERED MENTAL HEALTH NURSES AND CLINICIANS'. On the right side, there are two circular logos: 'Mental Health Training Mindmaps Wellbeing By Registered Mental Health Nurses' and 'Putting the 'Well' in Workplace Wellbeing'.

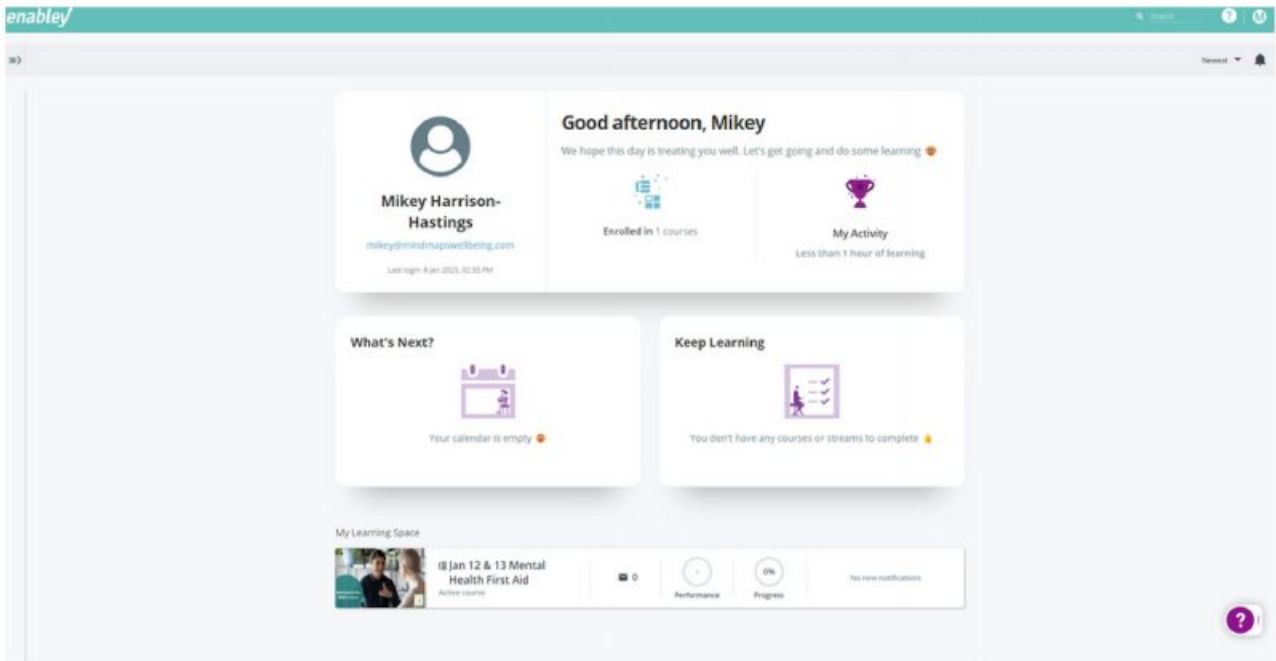
Complete the sign up by putting in your name a create a password in the form.

Password requirements:

- At least 8 characters
- Upper and lowercase letters
- Must have both letters and numbers

Any issues logging in contact us at 01803 523 660 or email mikey@mindmapswellbeing.com

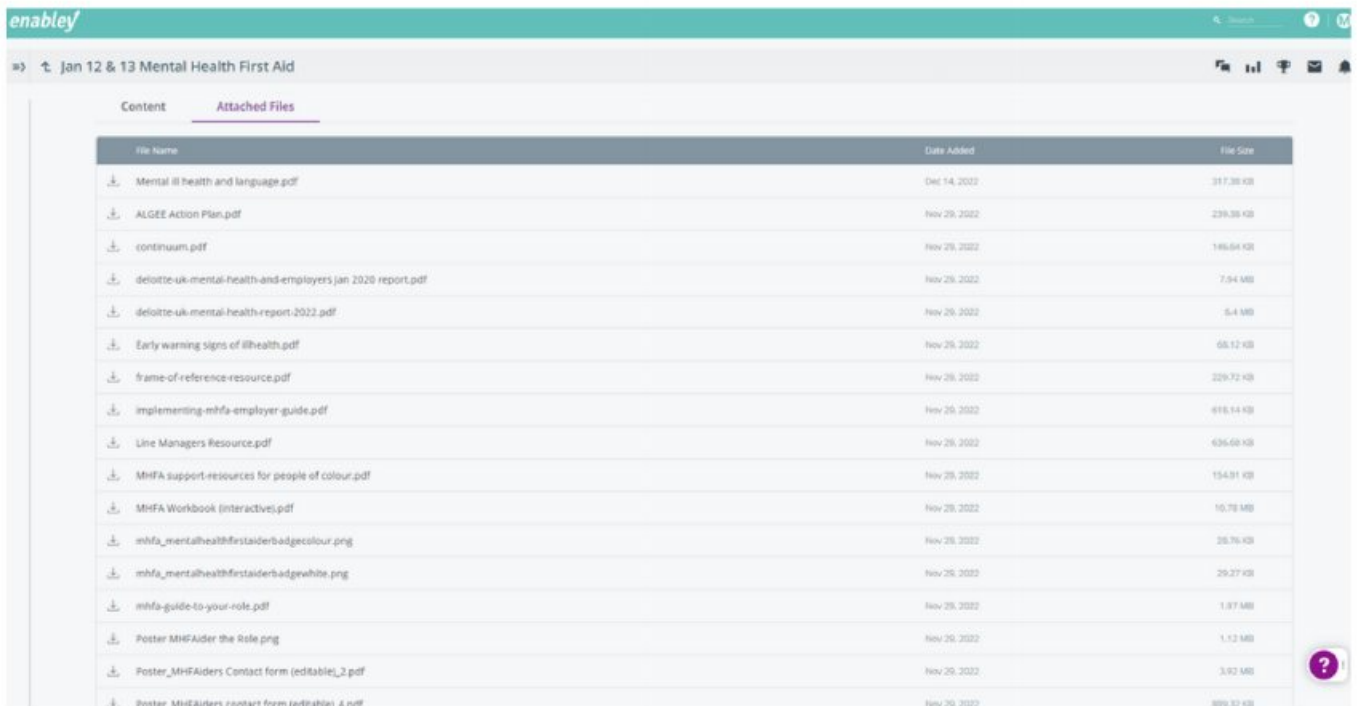
# Dashboard



Click on the content from your dashboard the training you have been assigned to will be shown as below. Click into your course for the content menu. **See next page for image.**

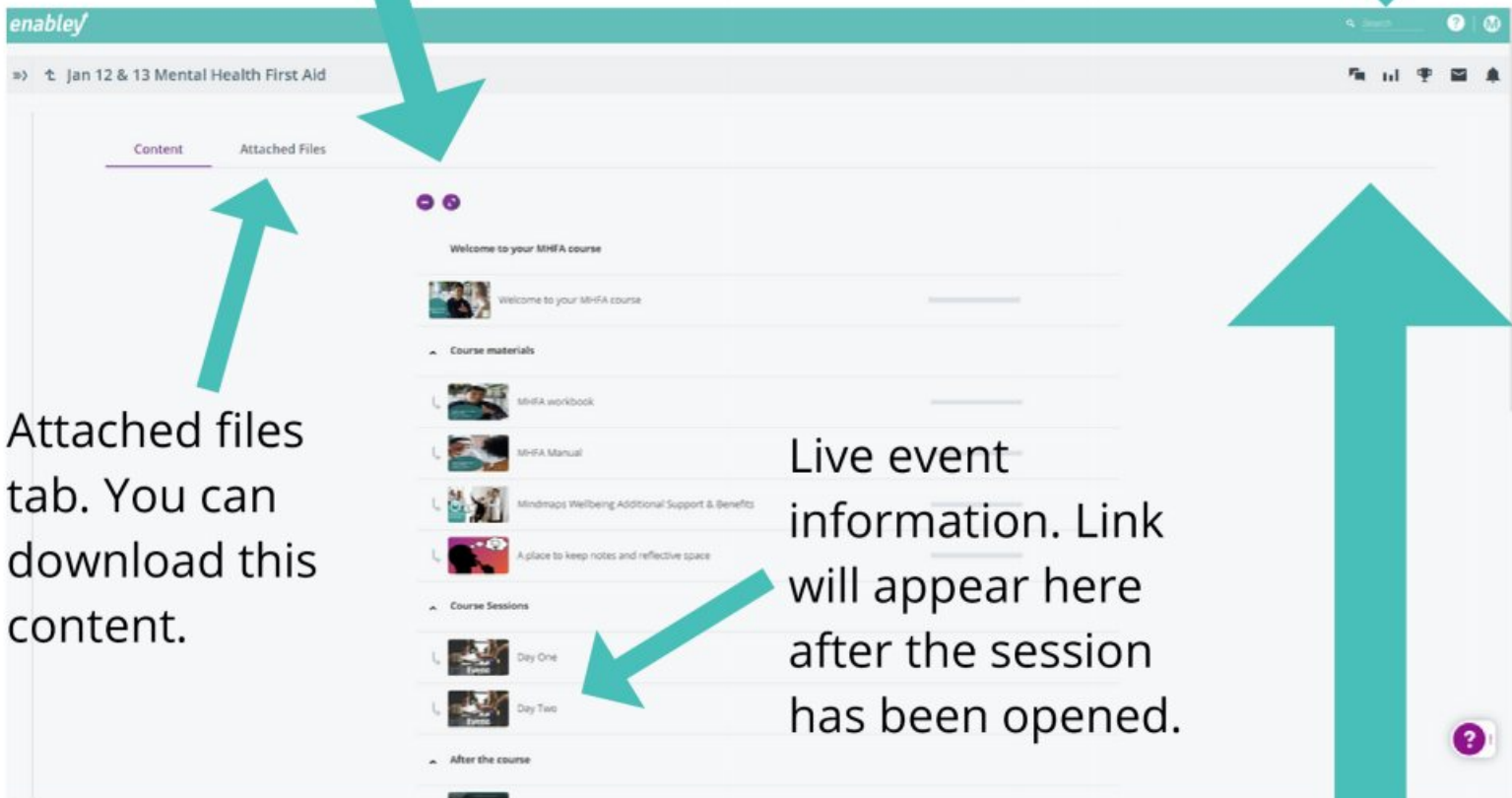
## Attached Files Tab

You can download these files.



Use the expand / collapse to hide / show content or menu headers

If you know what you are looking for use the search bar at the top right of screen.



Attached files tab. You can download this content.

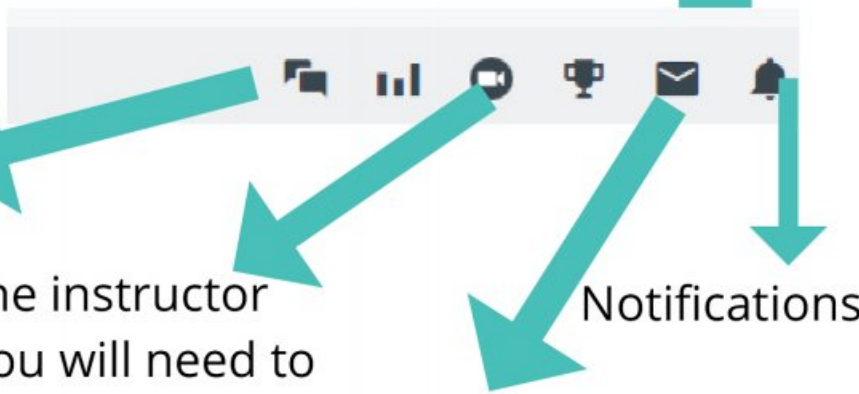
Live event information. Link will appear here after the session has been opened.

Discussion board viewable by all learners, your instructor and technical support.

Live icon will appear when the instructor has opened the live room. You will need to refresh your browser to see this. This is Zoom powered by Enablely.

Direct message your instructor or tech support

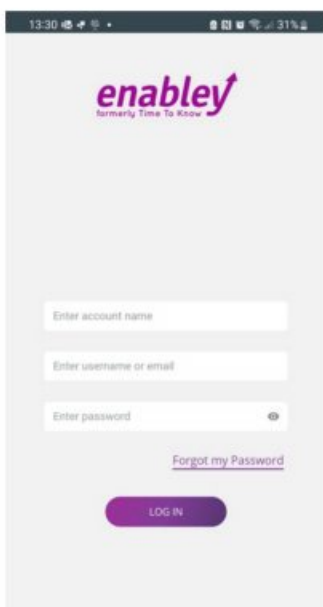
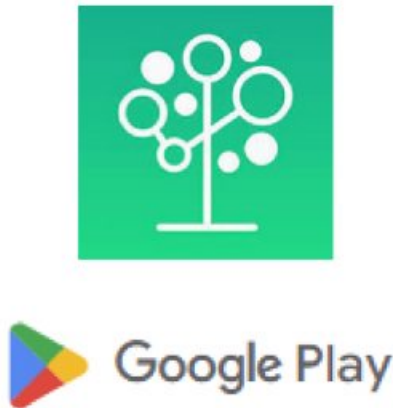
Notifications





## Download MINDWELL on mobile devices:

The Get Started link should take you to either Google Play or the App Store to download Time To Know app

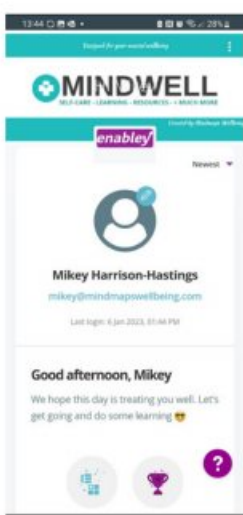


This will take you to enabley registration / login

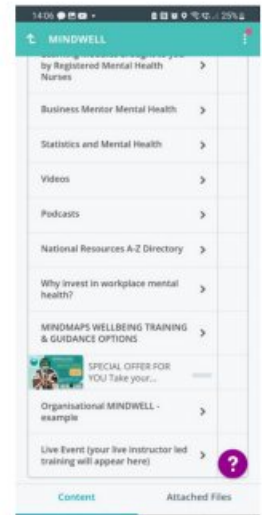
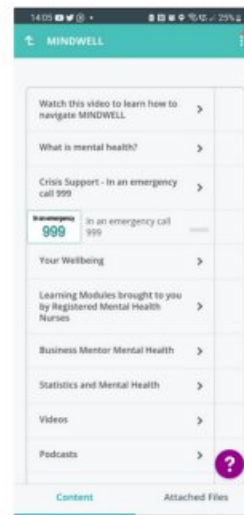
Account Name: mindmapswellbeing  
Username: your email address  
Password: Create your password

\*Account name is all lowercase and one word

## Dashboard on mobile



## MINDWELL menu on mobile



If you have any issues logging into MINDWELL contact us at Mindmaps Wellbeing [01803 523660](tel:01803523660) [info@mindmapswellbeing.com](mailto:info@mindmapswellbeing.com)

**MINDWELL** will continue to grow over time with updated and new content on a regular basis.

We are always looking for appropriate content and resources. If you are aware of any that would be useful to add do let us know.

With your help we are looking to build the A-Z directory with local resources by area such as, South-West / North-East etc. Please share what's useful in your area with us, so we can share on MINDWELL.

We are creating a 'Your Stories' space for anyone wishing to share their own journey's through written word (word or pdf), video (mp4 / or link) or voice (mp3 / podcast link). If this is of interest to you write a brief outline and email to [mikey@mindmapswellbeing.com](mailto:mikey@mindmapswellbeing.com) in the first instance.

If you enjoy the app and would like a demo or further information on a tailored version for your workplace contact [mikey@mindmapswellbeing.com](mailto:mikey@mindmapswellbeing.com)