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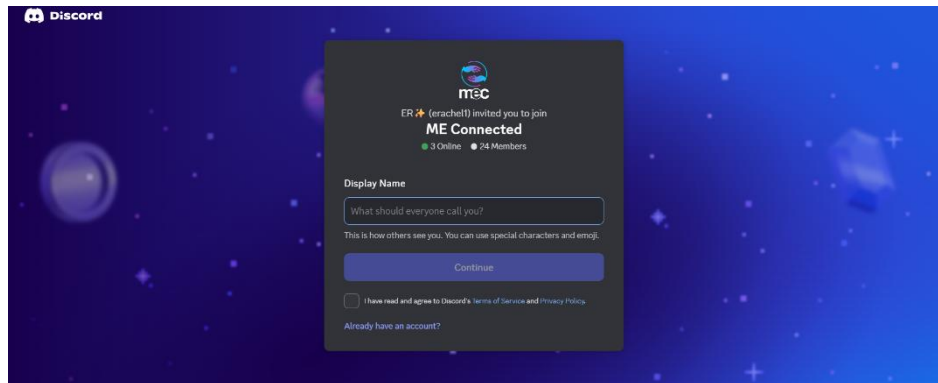
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For quick access to each section, you can hover over the section name in the Contents, and 'Ctrl + Click' to be taken to the correct place.

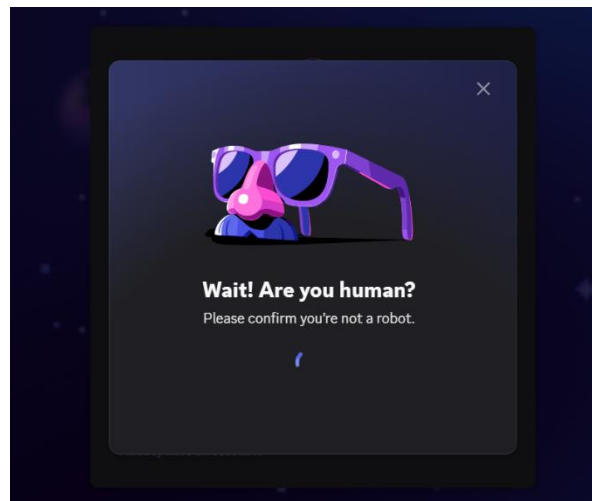
We very much hope that this written guide will be helpful when you are getting used to using ME Connected. For any questions or further support, please email meconnect@meassociation.org.uk.

How to log in on your computer

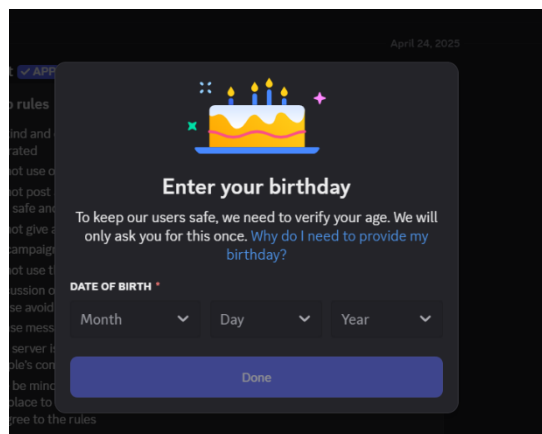
- To join ME Connected, please follow this link: <https://discord.gg/QNF2Pdv27Z>
- This will take you to this screen:



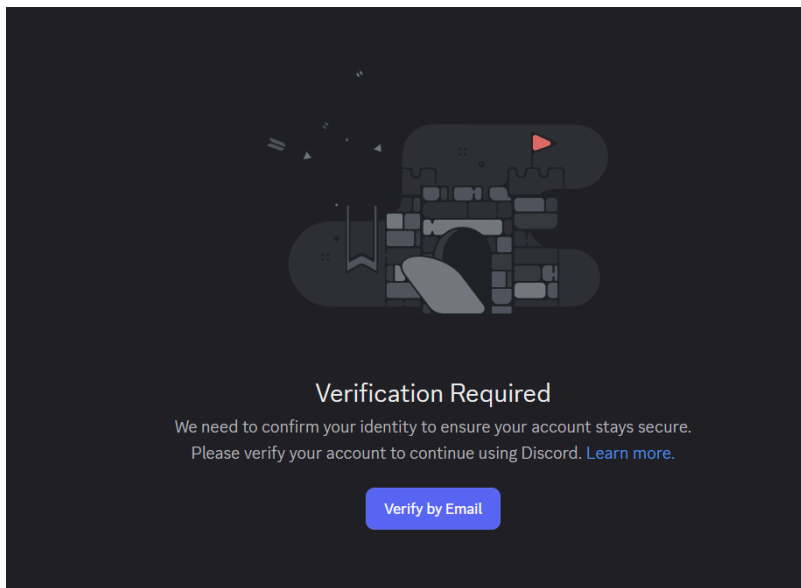
- The first thing to do is input the name you want to be displayed in the box, tick the terms & conditions box and click continue. The name you put in this box will be the name other users of ME Connected see, so make sure you are happy for this to be public – it can be a pseudonym or a nickname if you prefer some anonymity.
- After you click 'continue', it will ask you to verify you're not a robot with a short puzzle:



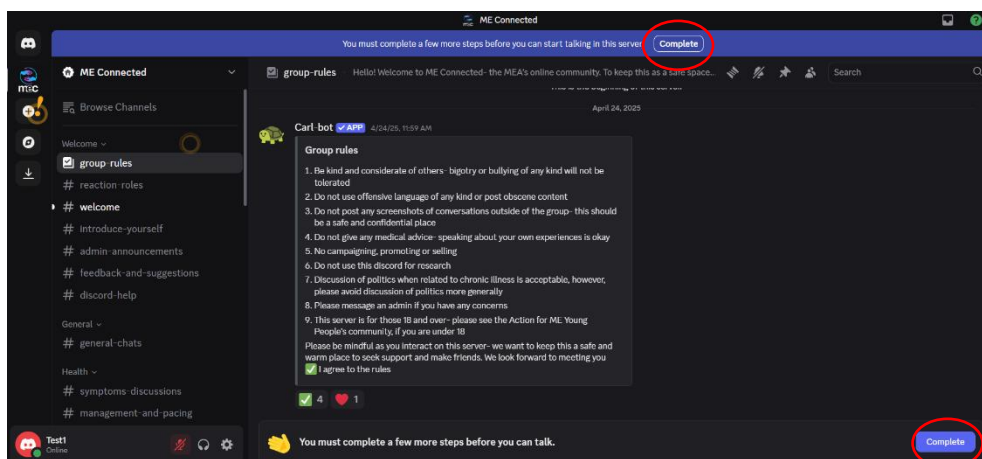
- Next, it will ask you input your birthday:



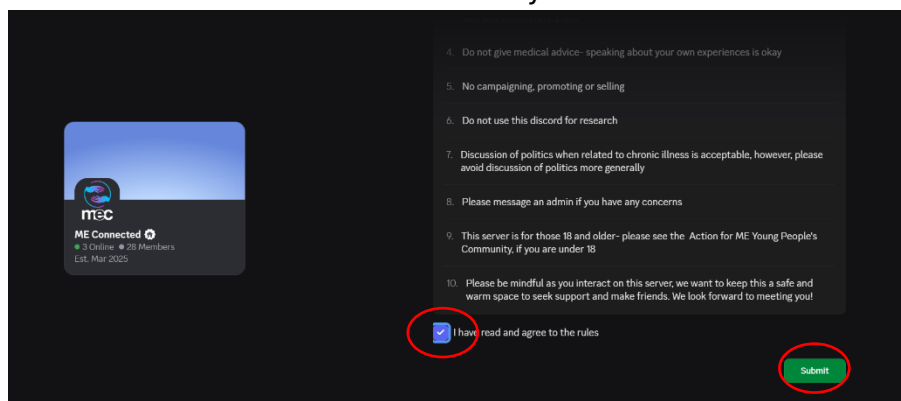
- Next, it will ask you to verify your email:



- Once that is done, you need to complete a few extra steps to be able to use ME Connected. Click one of the blue buttons that say 'Complete',

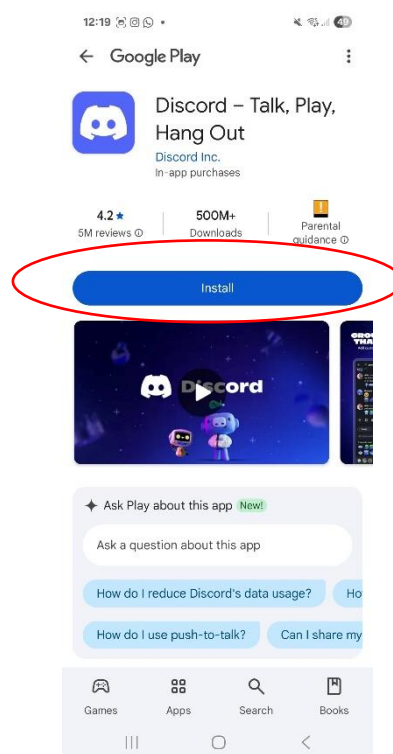
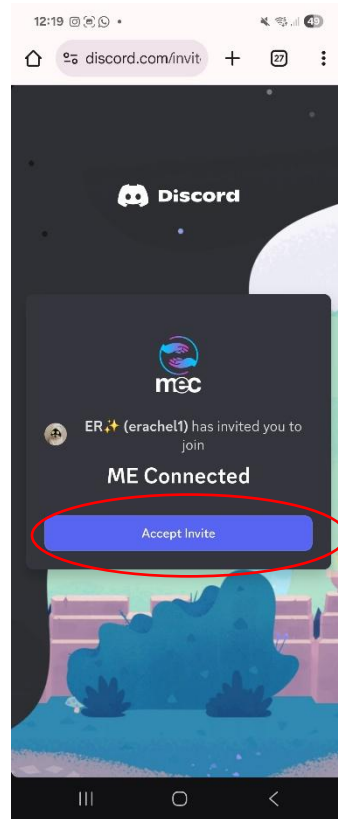


- Read through the rules and tick to agree, then click Submit. You are now in and part of the ME Connected online community!

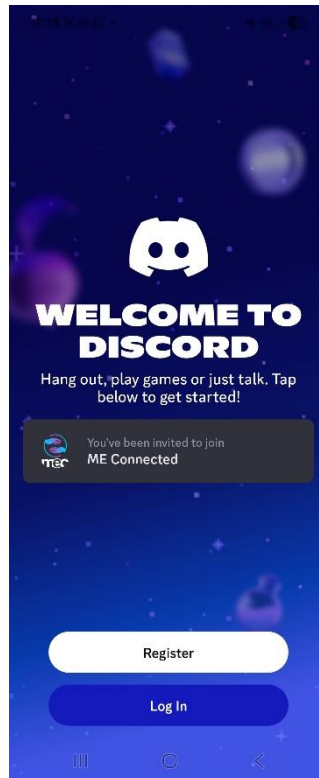


How to log in on your phone

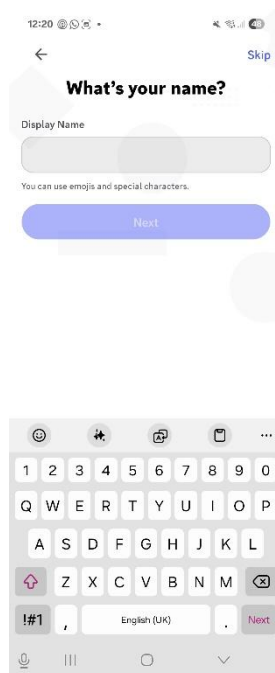
- To join ME Connected, please follow this link: <https://discord.gg/QNF2Pdv27Z>
- This will open in your browser, and once you accept the invite, it will take you to the App Store to download the Discord app.



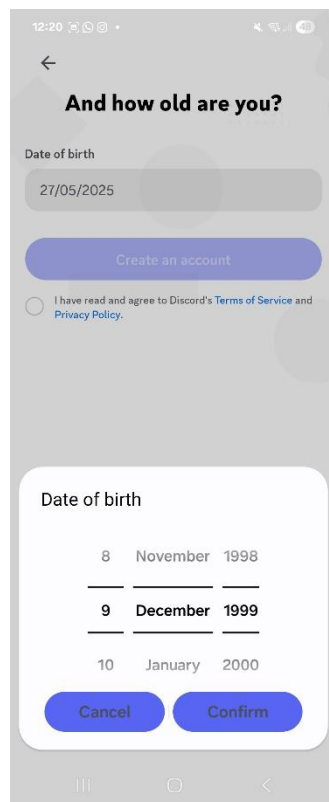
- Once you've downloaded and opened the app, click 'Register' if it is your first time signing up for Discord. If you've already got Discord, click 'Log in'.



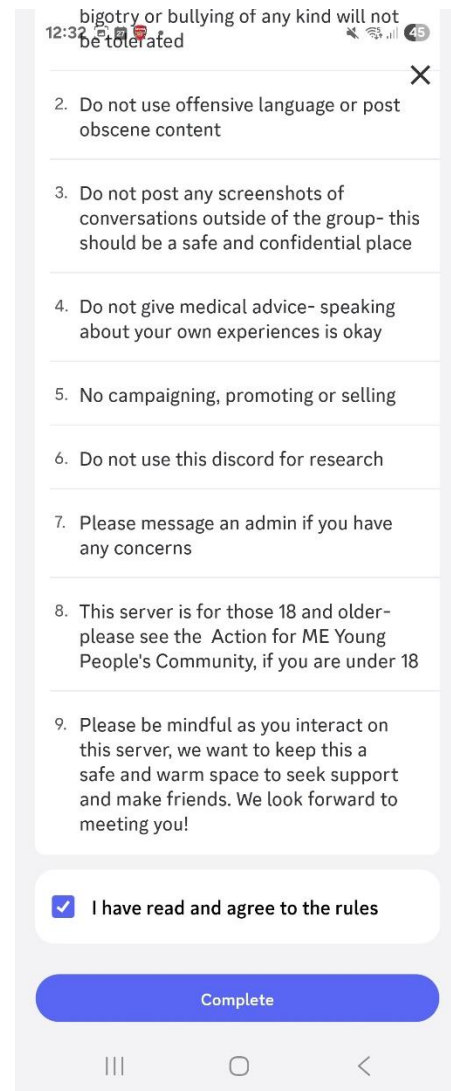
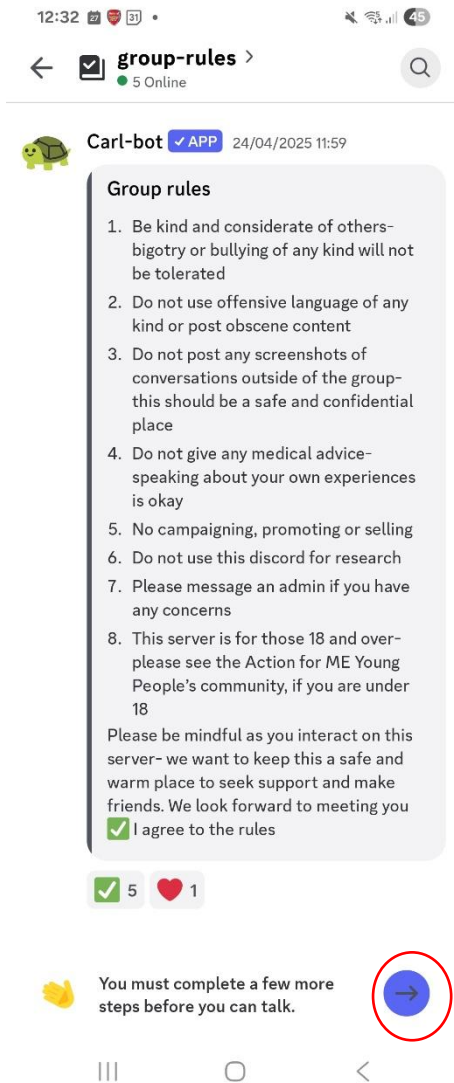
- The first thing to do is input the name you want to be displayed in the box, tick the terms & conditions box and click continue. The name you put in this box will be the name other users of ME Connected see, so make sure you are happy for this to be public – it can be a pseudonym or a nickname if you prefer some anonymity.



- Next, it will ask you to input your date of birth, and verify your email address.



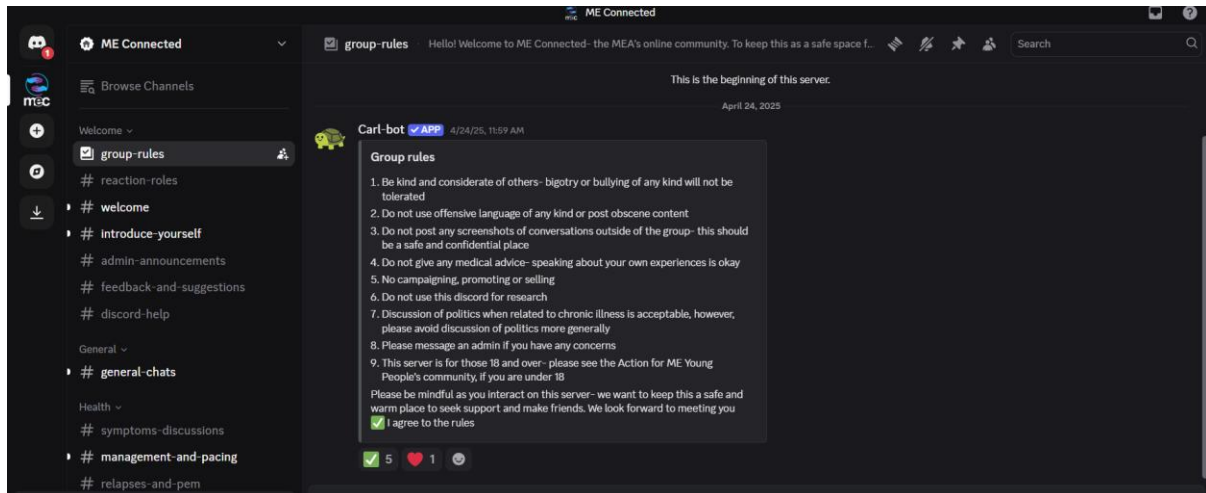
- Once that is done, you need to complete a few extra steps to be able to use ME Connected. Click one of the blue arrow at the bottom of the screen.



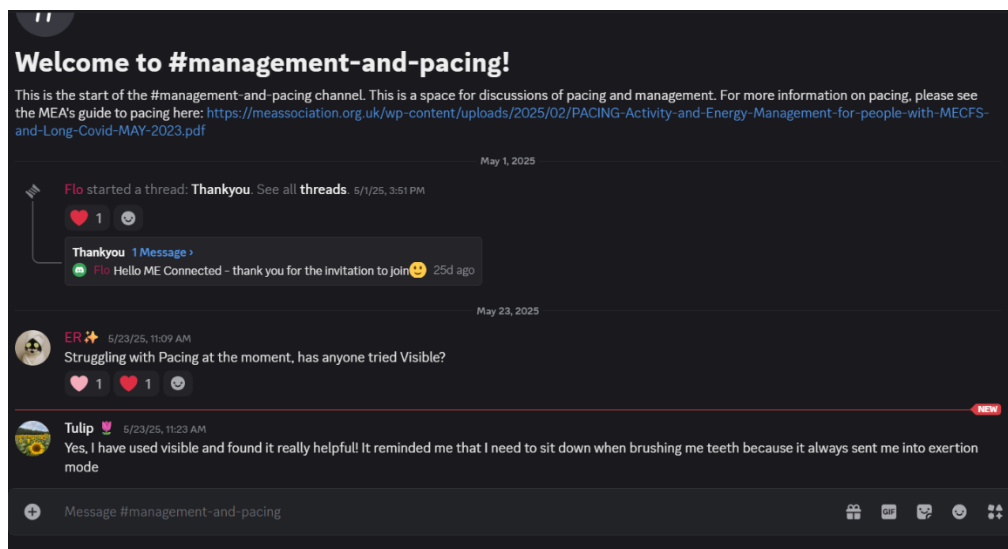
- Read through the rules and tick to agree, then click Submit. You are now in and part of the ME Connected online community!

What do the channels mean and how do I use them?

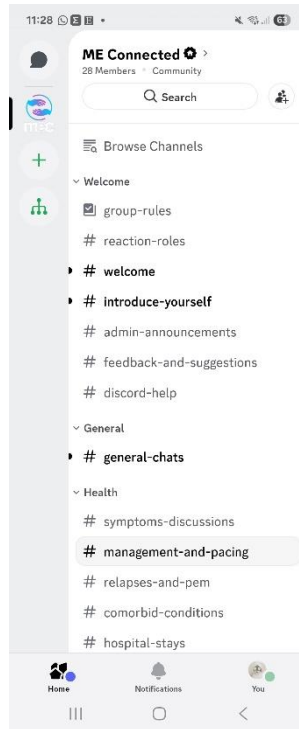
- Once you are logged in, you will see this screen, including the list of channels on the left-hand side. These are organised by categories, including Welcome, General, Health, Support, Work and Study, Identity, Fun Stuff, and Voice Channels.



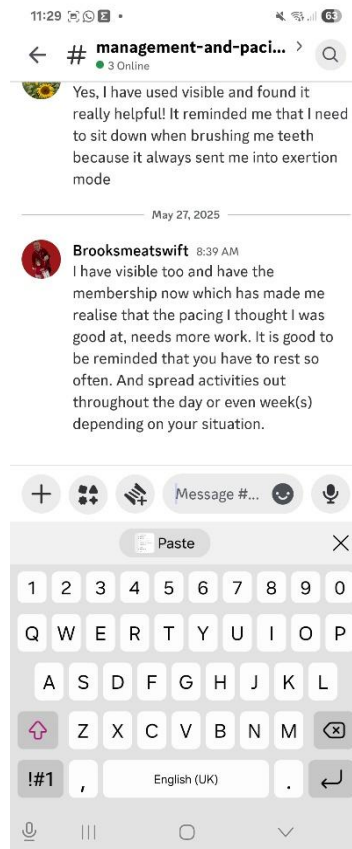
- Some of the channels are 'opt-in' channels, which means you need to manually choose to be part of them – see 'What are the reaction roles?' in this guide for details of how to do this.
- If you would like to chat in a channel, click on the channel on the list on the left-hand side, and you can see previous chats, and also send your own messages.



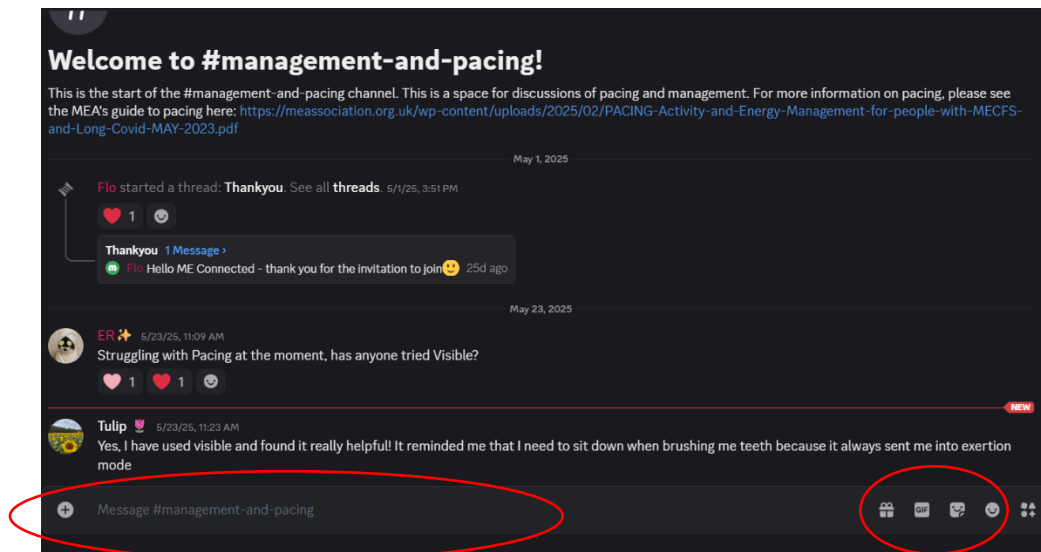
- You can see here, for example, that some people have sent messages in this channel.
- If you are using Discord on your phone, the channels list will look like this:



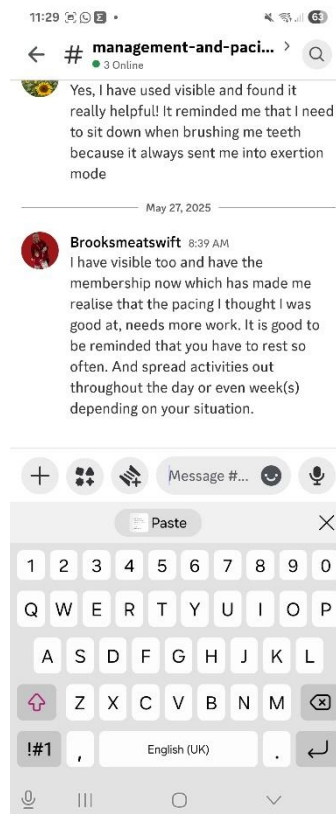
- When you click on a channel, it will look like this:



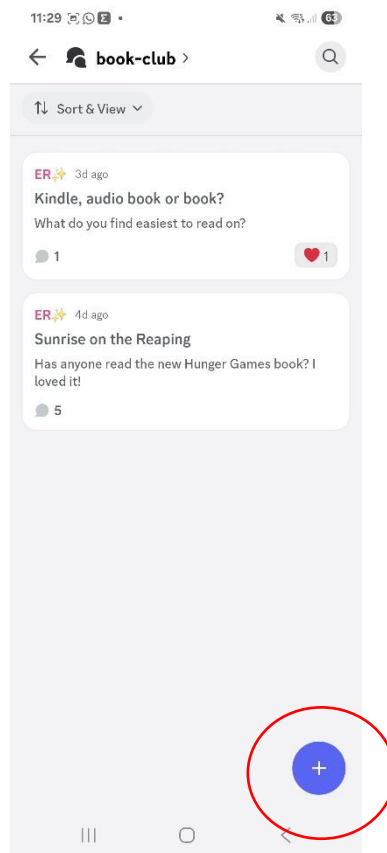
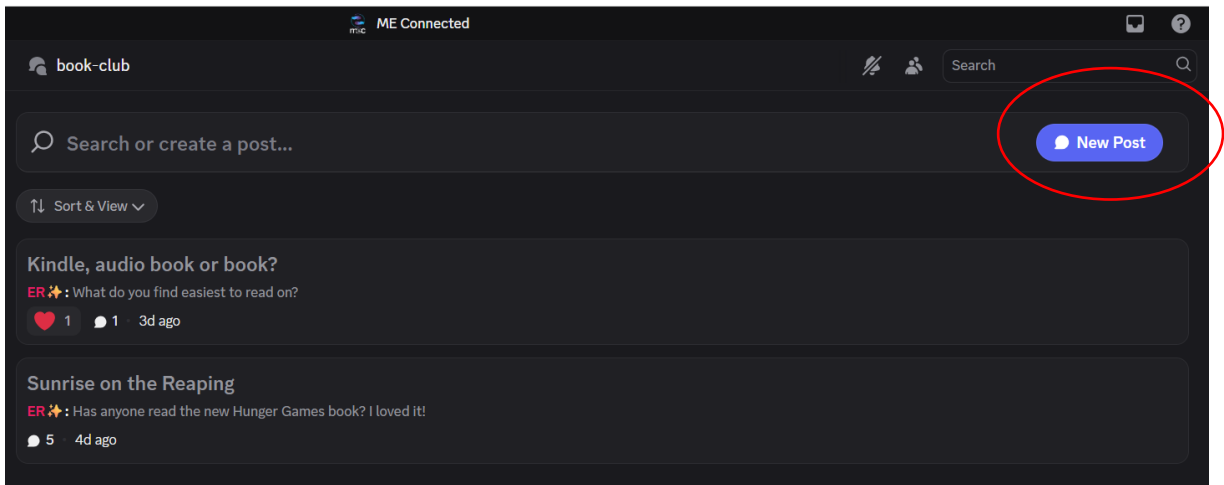
How to write messages in a channel



- To send your own message, start typing in the box circled in red. Click 'enter' to send your message.
- If you would like to send emojis or gifs, you can use the buttons to the right of where you type your message.
- On a phone, click on the 'message' box to type your message.

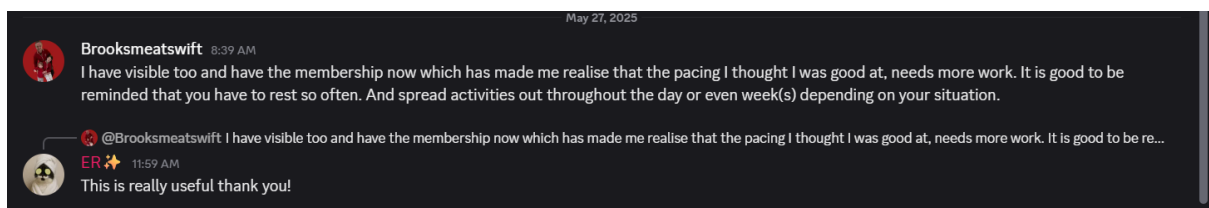
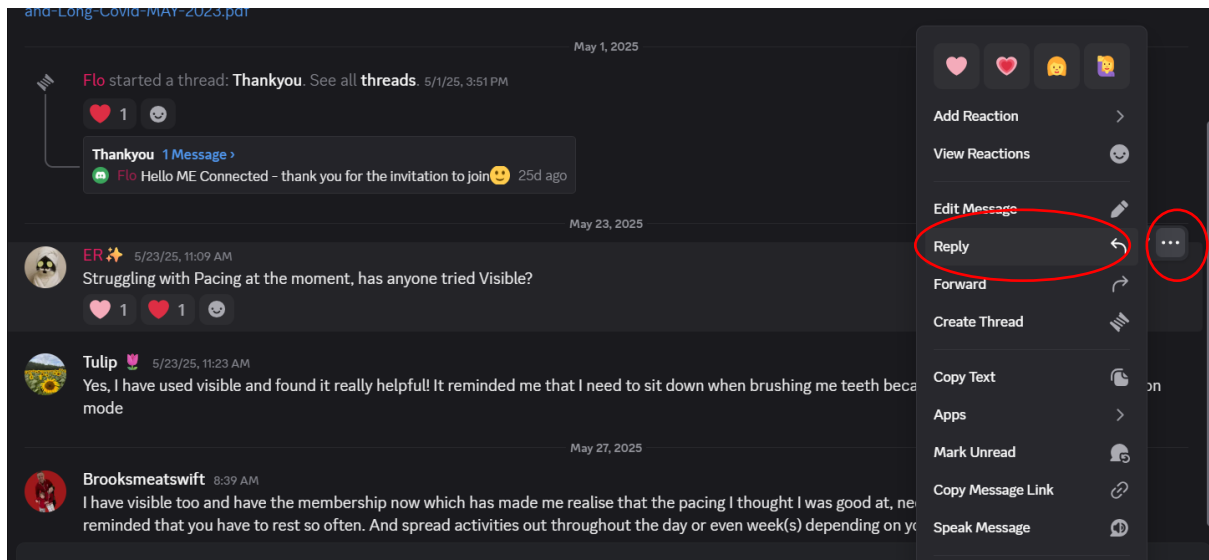


- Most of the channels are formatted like the above, where the chat is in a similar structure to a WhatsApp group, for example – ongoing conversation.
- Some of the channels, however, are formatted in a different way – these are ‘Book Club’ and ‘TV Shows and Films’.
- When you click on either of these channels, you will see that there are different threads regarding specific topics of conversation.
- To start a new thread here, click ‘New Post’ or the ‘+’ icon on a phone.

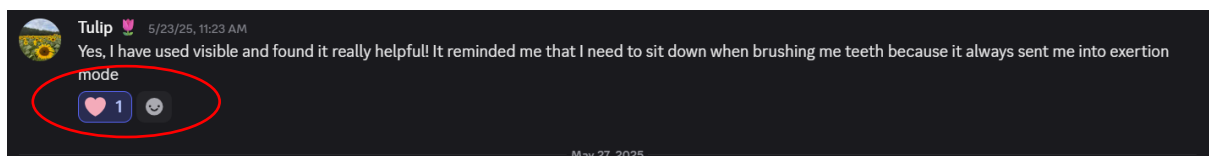
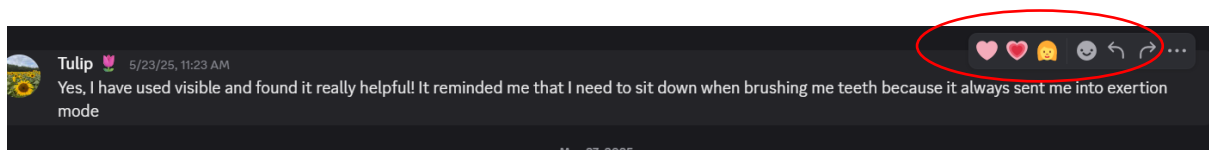


How to react and reply to messages in a channel

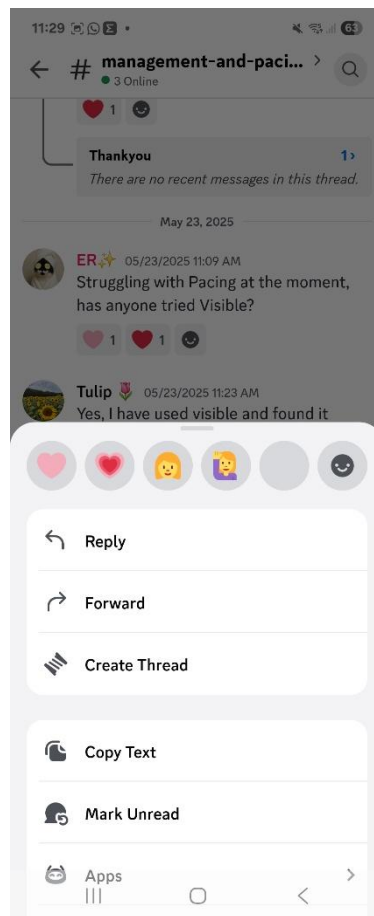
- If you would like to react or reply to a specific message in a channel, you can do this by hovering over the message, clicking the three dots, and clicking 'reply'. You can then type your message and click enter as normal, and it will display as a direct response.



- To react to a post, hover over the message and you will see some emojis pop up, you can click on these if you want to 'like' or 'heart' a message.

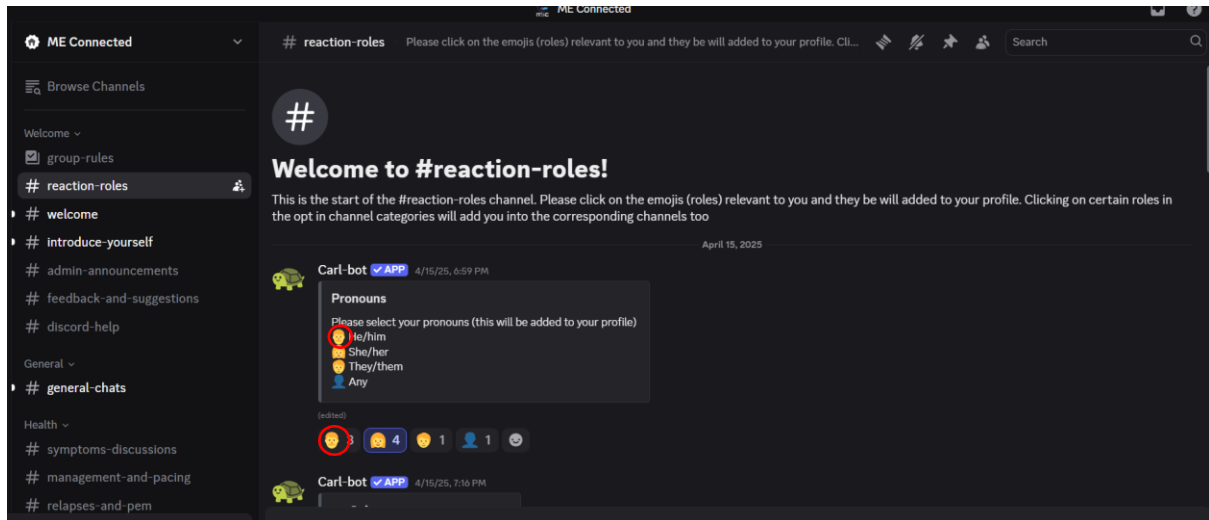


- To do these on a phone, hover over the message you'd like to reply or react to, and it will give you these options:

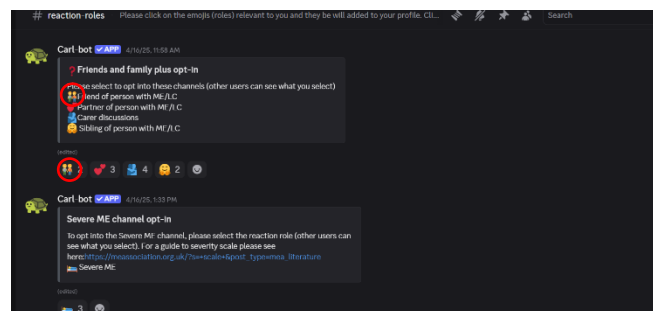


How to use Reaction Roles

- If you would like to see the channels that you can 'opt-in' to, click on 'Reaction Roles' in the channels list:



- Here, you can click on the emojis (roles) that are relevant to you, and these will be added to your profile. For example, for your profile to show the appropriate pronouns, click the corresponding emoji .
- If there are channels you would like to 'opt-in' to, you can also do this here, by clicking the appropriate emojis. Once you've opted in, the channels will automatically be added to your channels list.



- This is the same process if you are using Discord on your phone.

