The internet is a great place to keep in touch with family, friends and what’s happening in your local community. Social media is one way of staying in touch, but if you’re not drawn to platforms such as Facebook, Instagram and Twitter, there are still a number of websites and apps outside of the social media realm which may help you in your daily life. We look at four websites and apps below which will keep you informed and connected in your caring role.

**Clickability**

This Australian disability services directory is an online platform for people to share their experiences of different services. Labelled as “the TripAdvisor of disability services”, Clickability enables users to read and write consumer reviews of disability services operating in Australia. Service providers can also list their business on the website.


**Gather My Crew**

Needing some extra help managing through an illness, unexpected caring needs or just to get through a tough patch? Call on your local community, friends or regular support network to step in to give you that extra help you need. List what you need done, schedule when and where and get a crew together who know exactly how they can help.

[gathermycrew.org.au](http://gathermycrew.org.au)

**SANE Australia**

An anonymous online support forum for carers, families and friends of people with a mental illness. There is a lived experience forum and a forum for carers, both of which are moderated 24 hours a day by mental health professionals. The forums cover a range of topics including looking after yourself, staying social and coping when something is not right. They are safe spaces to ask questions, socialise and ask for help when you need it.


**WhatsApp**

WhatsApp is a secure instant messaging app which allows you to share text, photos, video and voice memos. It uses your internet connection, not your mobile phone credit, so is much more cost effective. The app was originally just for mobile phones, but has recently expanded to desktop. Turn to page 19 to find out how WhatsApp has been used to help a Carer Support Group stay connected.

[whatsapp.com](http://whatsapp.com)