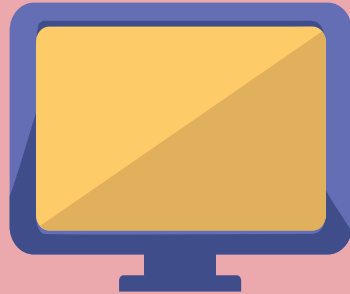


Do you need:

Support to use a
computer, tablet
or phone?



Advice about
staying safe
online?



Help to
complete
tasks online?



Call our free digital support helpline at
0800 0 590 690

People Know How operates Connecting Scotland's national helpline, providing over the phone support to use digital devices.





Call us for free from anywhere in Scotland. We can help with:

- Using devices like smartphones, tablets, laptops or desktop computers
- Connecting to the internet
- Navigating the web and social media
- Completing everyday tasks online
- Connecting with the community, family and friends
- Managing finances, paying bills and saving money online
- Reducing costs (energy, data plans, shopping, etc.)
- Finding opportunities for education and employment
- Feeling less isolated and having someone to talk to

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0800 0 590 690**



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