

Did you know that ISPN is on Twitter? Twitter is a great way to connect with your ISPN colleagues from around the globe and get current information about important mental health related topics. We would like as many members as possible to sign up for a Twitter account and follow the International Society of Psychiatric Nurses on Twitter@ISPNConnect .

You can sign up for a twitter account using your computer or smart phone. Twitter is a great way for all of us to connect, reconnect and stay connected before, during and after the conference.

If you do not have an account or have never heard of twitter, no problem! Follow the link below to get started. It is quick, easy, and will allow you to connect with your ISPN colleagues. Don't forget the @ISPNConnect after all of your mental health related tweets!

Signing up with Twitter

To create an account on the web:

1. Go to <http://twitter.com> and find the sign up box, or go directly to <https://twitter.com/signup>.
2. Enter your **full name**, **phone number**, and a **password**.
3. Click **Sign up for Twitter**.
4. In order to verify your phone number, we will send you an SMS text message with a code. Enter the verification code in the box provided. Learn more about having a phone number associated with your account [here](#).
5. Once you've clicked **Sign up for Twitter**, you can select a **username** (usernames are unique identifiers on Twitter) — type your own or choose one we've suggested. We'll tell you if the username you want is available.
 1. Choose a profile name. This is the name you'll be known as on Twitter (also know as your @name). ...
 2. Add a photo of you ...
 3. Complete your bio. ...
 4. Add your website address. ...
6. **Double-check** your name, phone number, password, and username.
7. Click **Create my account**. You may be asked to complete a Captcha to let them know that you're human.
8. Follow people or groups important to you.
9. Tweet and share information or pictures.
10. Check your mentions regularly.

To post a Tweet:

1. **Sign in** to your Twitter account either via computer or smart phone.

2. **Type your Tweet** into the box at the top of your Home timeline, or click the **Tweet** button in the top navigation bar.
3. Make sure your update is **fewer than 140 characters**. We'll count the characters for you! Remaining characters show up as a number below the box.
4. **Tip:** Read about how to include photos in your Tweet [here](#), and how to include a video in your Tweet [here](#).
5. Click the Tweet button to **post the Tweet** to your profile.
6. You will immediately see your Tweet in the timeline on your homepage.

Still not sure what to do?

Visit <https://support.twitter.com/> for more information.