

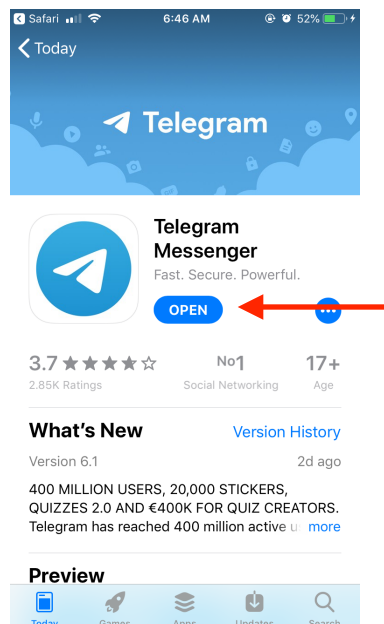
REST OF THE STRUGGLE

CHAPTER 1: RECOVER — A DIGITAL ENGAGEMENT

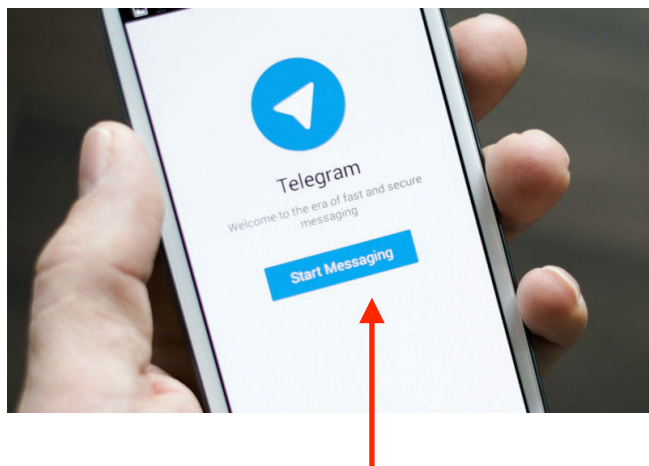
How to Use the Telegram Channel (a step by step guide)

The instant messaging software, Telegram, offers ‘Telegram Channels’ that are specially designed for broadcasting messages to a large audience. They are different from Telegram groups as they are not designed for conversations.

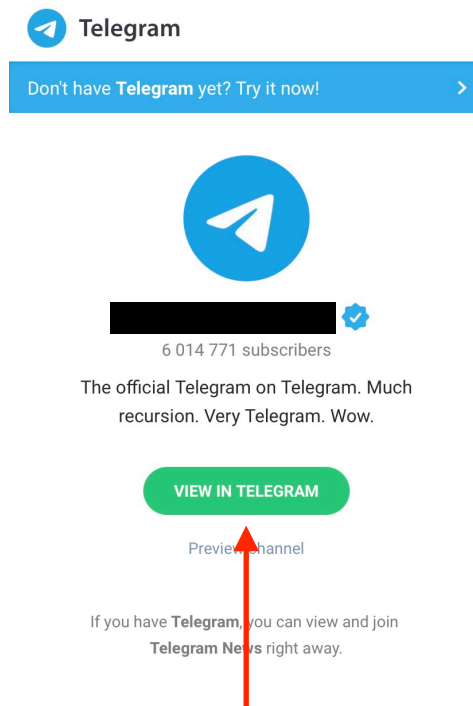
1. To access our Telegram channel, first download the Telegram app from the play/app store into your device. After installing the app, tap ‘Open.’



2. Tap on ‘start messaging’ to continue.



3. Tap on 'OK' when the app asks for access to receive/manage phone calls and then click on 'allow'.
 4. To sign into the app, enter your phone number. You will receive a verification code. Enter that onto the screen and successfully log into your Telegram account.
- **To access the Rest of the Struggle Telegram channel**, click on the link given on the website and tap the 'View in Telegram' bar.



- The channel will open on your Telegram account. To receive daily updates, subscribe to the channel by tapping on 'Join.'

