



## How to send a text message from your iPhone or Android phone to an email address.

You can send a text message from your phone to any email address by entering the email address into the "To" field in which you'd normally add a contact's name or number. Select the message you want to forward, the same as you would to forward a message to a phone contact, then enter your email address in the "To" field and send.

## iPhone Example

1.Select the message you want to send to email and Select "More"	Remote, Your Apt Inpatient - CBT is TODAY at 12:45 with Frankie Prendergast. This appointment will take place via video. Please click on the following link 5 minutes before your appointment time. Your clinician will join as soon as possible. <u>https:// cutt.ly/qd8qb3N</u> . This link is also available within your service user portal. Copy	2.Select the forward arrow	Remote, Your Apt Inpatient - CBT is TODAY at 12:45 with Frankie Prendergast. This appointment will take place via video. Please click on the following link 5 minutes before your appointment time. Your clinician will join as soon as possible. https:// cutt.ly/qd8qb3N . This link is also available within your service user portal.
3. Type email address in the To field. And click on the arrow	New Message       Cancel         To: type email address here <ul> <li>             Please click on the following link 5 minutes before your appointment time. Your clinician will join as soon as possible. https:// cutt.ly/qd8qb3N. This link is also available within your service user portal.</li></ul>	<ul> <li>4. Go to your email inbox on you preferred device – Laptop or Tablet.</li> <li>5. You can select the MS Teams Link within the received email.</li> </ul>	Subject: You have received a new message Remote, Your Apt Inpatient - CBT is TODAY at 12:45 with Frankie Prendergast. This appointment will take place via video. Please click on the following link 5 minutes before your appointment time. Your clinician will join as soon as possible https://cutt.ly/qd8qb3N . This link is also available within your service user portal.

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## Android – Example

1.Open the SMS reminder message - expand the message you want to send by selecting "View all".	Add to contacts Block number Wednesday, 26 August 2020 Remote, Your Apt Inpatient - CBT is TODAY at 12:45 with Frankie Prodergast. This appointment will take place via video. Please click on the following link 5 minutes before your appointment time. Your clinician will join as soon as possible. https://cutt.ly /_dd&pb3N. This link is also available wit View all 09:13	2.On the expanded message select the "Share" option.	09:14 2 * * * * * * * * * * * * * * * * * *
3. Select your email option in this case Gmail	Send to device Link Sharing Messages Samsung Internet III Copy Gmail Gmail Beam	5. Go to your email inbox on you preferred device – Laptop or Tablet.	CBT is TODAY at 12:45 with Frankie For any of the second s
4. Enter your email in the to field on your phone	09:16       ■ ●       ■       =       =       =       =       =       =       =       =       =       =<	6. You can select the MS Teams Link within the received email.	Note     Note     Note     Note       Image: Note     Image: Note     Image: Note     Image: Note