



**Canadian Mental  
Health Association**  
Halifax-Dartmouth

# GETTING THROUGH THE DIGITAL DOOR

## What Is The Right Digital Device For You?

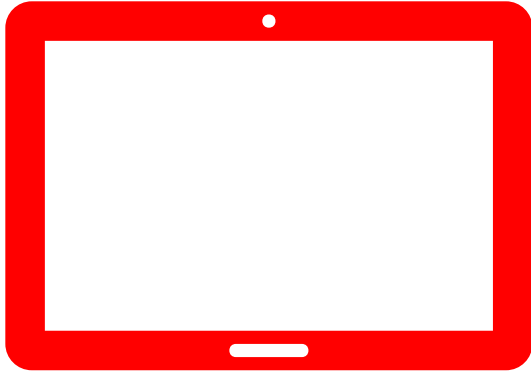


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## You have some great choices for your digital devices. What is the best choice for you?



**Tablets (Windows, Android, or iPad)**

**Operating System** is what makes the device work. Like the computer's language

**TABLETS** are portable computers.

You make them work using the touch screen which can be 7 to 12 inches in size.

Tablets use either Windows, Android, or IOS (Apple) operating systems.

The keyboard is built into the screen.

You can use tablets to get on the internet to send emails, play games, do ZOOM calls and more.



**Smart Phones (Android or iPhones)**

**Smart Phones** are like tablets but much smaller.

You can call other people, search the internet, send e-mails, text, play games and watch videos.

Today most smart phones use either, Android, or IOS (Apple) operating systems.

Like the tablet there is a keyboard that is built into the screen, but it is very small.



**Laptops Computers (Windows, Chromebook, Mac Books)**

**Laptop Computers** are portable computers but are larger and heavier than tablets.

Laptop computers use Windows, Chrome, or Mac OS (Apple) operating systems.(Chrome is very much like Android).

You can call other people using ZOOM, search the internet, send e-mails, play games, and watch videos.



**Desktop Computer (Windows, Apple)**

**Desktop Computers** are used in one place at home or in an office.

Desktop computers use Windows, or Mac OS (Apple) operating systems.

Like laptop computers and tablets, you can call other people using ZOOM, search the internet, send e-mails, play games, and watch videos.

Unlike laptop computers and tablets, you can only use the desktop computer in one location, and they are more expensive than laptop computers and tablets.