



# Free, safe and anonymous mental health and wellbeing support at your pace

## What you'll find on Qwell

### Live chat support from a mental health practitioner

Our team are online\* between:

- **Weekdays: 12pm - 10pm**
- **Weekends: 6pm - 10pm**

Or you can send us a message at anytime and someone will respond when they are back online.

\*Hours may vary over the Christmas and New Year period.

### Find support from our community

Connect with others by sharing your experiences and gaining valuable self-care tips through our discussion boards.

### Try our self-help toolkit

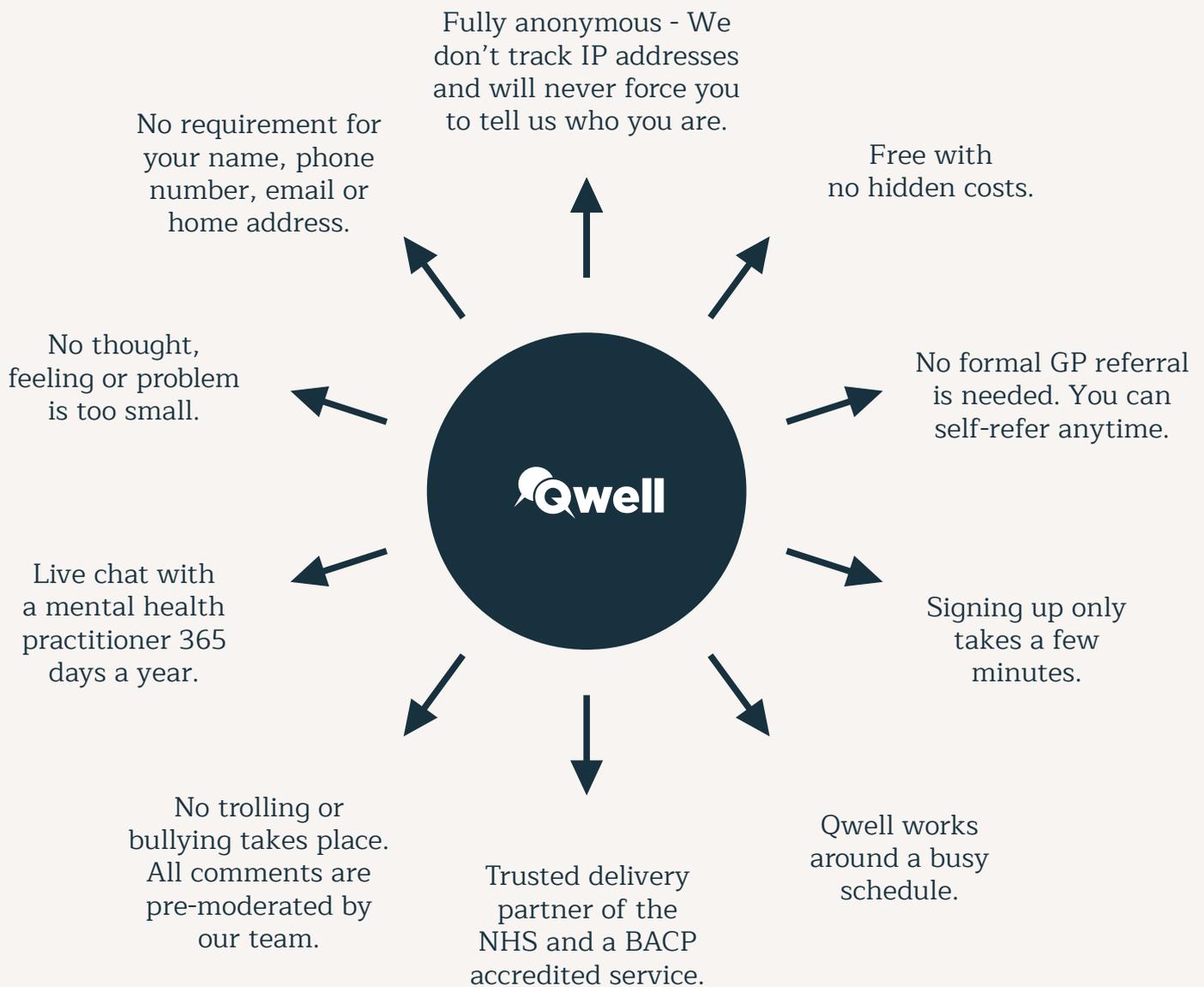
Set personal goals, write in your journal, or browse through our themed collections.

### Read helpful articles

Helpful articles, personal experiences and tips from both the community and our professional team.

Visit [www.qwell.io](http://www.qwell.io) and get access to our online platform today.

## A few reasons why people use Qwell



## How do I get started?

Signing up only takes a few minutes. Simply visit [www.qwell.io](http://www.qwell.io) on any device with a web browser and click on the “**Sign up to Qwell**” button.

## How our users feel

92%

Agreed to feeling heard, understood and respected.

88%

Agreed that the mental health practitioner helping them was a good fit.

91%

Agreed that what they talked about was important to them.

98%

Said they would recommend Qwell to a friend.

\*Based on 2021 feedback

**bacp** | Accredited Service

**NHS**  
Providing NHS services

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