



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

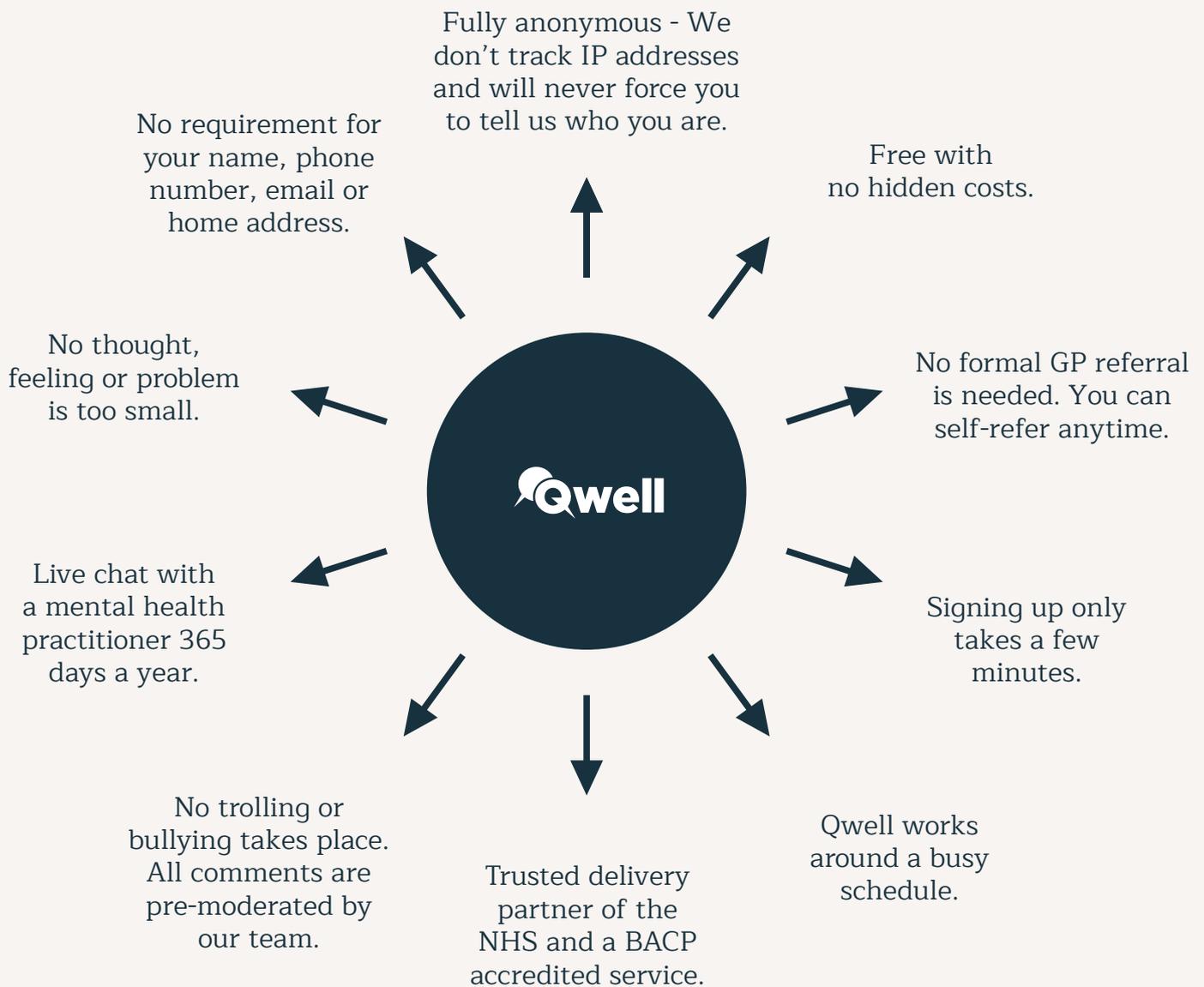
Set personal goals, write in your journal, or browse through our themed collections.

Read helpful articles

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

Visit www.qwell.io 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 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



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How to sign up to Qwell.

Qwell is a FREE, anonymous, confidential and safe online emotional wellbeing service, offering professional support, information, discussion boards and more for adults.

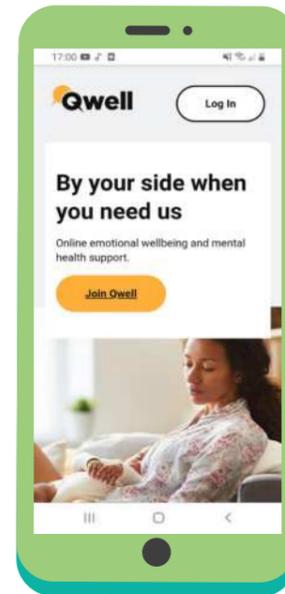
Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

Log on through **mobile, laptop** and **tablet**.

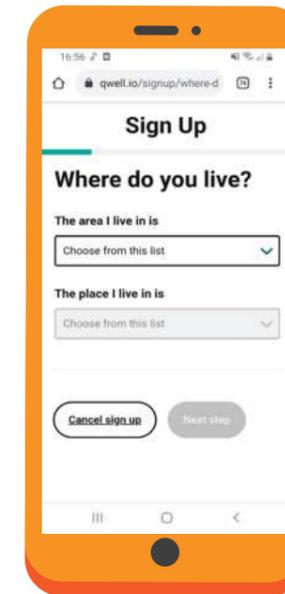
Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks.

To talk to a counsellor click on: **“Chat now button”**.
To write a message to the team, click on: **“message the team”**

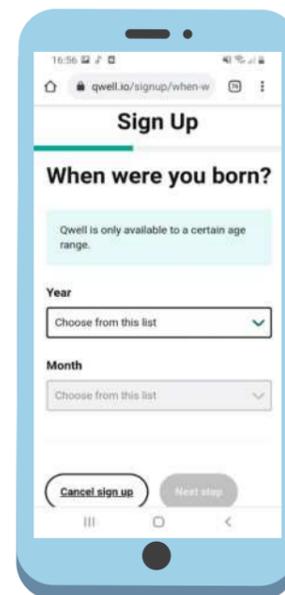
www.qwell.io



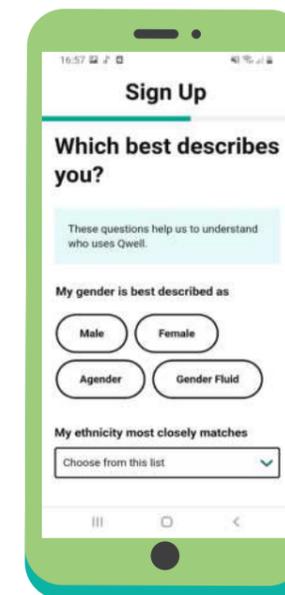
1 Click on the **‘Join Qwell’** button located in the centre of the home page of the Qwell website



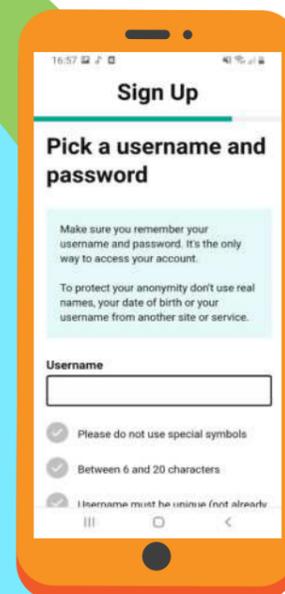
2 Choose from the drop down boxes, the **area** and **location** you live in



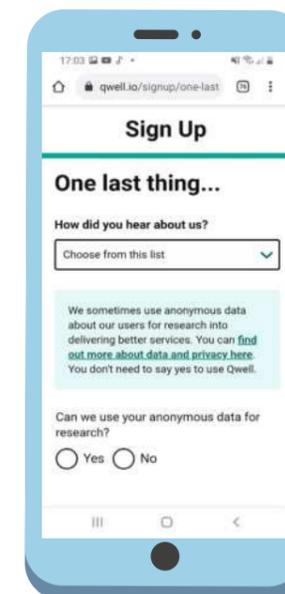
3 Select the **year** and **month** you were born



4 Click on the **gender** that best describes you and then the **ethnicity and background** that most closely matches you



5 Create an **anonymous username** (not your real name) and **secure password**



6 Choose from the drop down box to explain where you found out about **Qwell**

7 Select **Next step** to complete your registration