

www.qwell.io



A free, safe, anonymous online mental health service is available to adults (aged 18+) in Bradford called Qwell (www.qwell.io).

Qwell is a free, safe, anonymous online emotional wellbeing community that is accessible 24/7, 365 days of the year and provides access to chat sessions with BACP-accredited counsellors and qualified emotional wellbeing practitioners. All out chat sessions are done via text, and last up to an hour. Chat is available from 12pm to 10pm on Monday-Friday, and 6pm-10pm on Saturday-Sunday, providing a much needed 'out of hours' service. Qwell is accessible from any device that can access the wifi, allowing you to seek help and support at a time and location that is suitable for you.

But Qwell is so much more than just having chat sessions. You can get peer-to-peer support, as well as get involved with activities designed to improve emotional wellbeing and resilience. You can participate by reading/ writing magazine articles, keeping a journal, setting goals and engaging in discussion boards and live forums. We allow you to share your experiences safely, and everything contributed to the community is thoroughly moderated by the online team so that we can guarantee there won't be any trolling, bullying or judgement – you also won't be allowed to share any personal details with each other.

Qwell is not a replacement for any in person support; rather it is an additional means of accessing further support. There is no such thing as a problem that is too big or too small at Qwell. Our team reflects all communities and walks of life, so no matter what issue you come to us with there is somebody at Qwell who can and will help.