



www.Qwell.io

A free, safe, anonymous online mental health service is available to adults (aged 18+) in Bradford, Craven, Airedale and Wharfedale 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 our chat sessions are text-based conversations that take place on the Qwell website, and last up to an hour. Chat is available from 12pm - 10pm Monday through Friday, and 6pm - 10pm Saturday and Sunday, providing a much needed 'out of hours' service. Kooth is accessible from any device that connects to wifi, allowing you to seek support at a time and location that is suitable for you.

Qwell is also so much more than just having chat sessions. You can get peer-to-peer support, as well as benefit from tools and resources designed to improve emotional wellbeing and resilience. We allow you to share your experiences safely, as everything contributed to the community be that a comment, a magazine article or a discussion forum is thoroughly pre-moderated by the online team before it's published 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. You can also keep a mood-tracking journal, set and track goals and engage in live text-based discussions on the website.

Qwell can be used as a sole means of counselling and support, or it can be used alongside another service as an additional tool of support if you're already receiving counselling. There is no such thing as a problem that is too big or too small at Qwell. Our team reflects all communities, identities and walks of life, so no matter what issue you come to us with there is somebody at Qwell who can and will help.

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