



Does It Work?

73%

share an issue for the first time

"The Wall is amazing for helping people to cope with things that are getting them down...Life does get better but for those times when it seems everything's going wrong, we're here to support everyone."

"I'm so glad I joined BWW; it took a lot of courage to join but there are so many inspiring people on here and their words bring great comfort."

"It's great here to just say what you feel and think without judgement, that's helped me loads as I've always kept a brave face for the last few years with my depression and anxiety. It's great to be among people who know exactly how you feel!"

95%

of members feel better

"I feel that the support given by Big White Wall is fantastic. You are not judged and you can be yourself. Most of us are good at hiding our feelings. This is the only place I have felt comfortable in expressing myself."

How To Access Big White Wall

Big White Wall is free to all members of the UK armed forces, veterans, and their families. You can access Big White Wall at www.bigwhitewall.com. Register by selecting the UK armed forces option. Once you have completed the short registration process, you will be able to start using Big White Wall.

Questions?

For more information on how Big White Wall works, go to www.bigwhitewall.com or email questions to theteam@bigwhitewall.com

Get Support Take Control Feel Better

www.bigwhitewall.com
[@BigWhiteWall](https://www.facebook.com/BigWhiteWall)

[@BigWhiteWall1](https://twitter.com/BigWhiteWall)
[BigWhiteWall1](https://www.youtube.com/channel/UC...)



Free for UK armed forces, veterans, and their families (aged 16+)

Having a tough time?



Big White Wall can help you get support, take control and feel better.

What Big White Wall Offers



SupportNetwork

- Talk to others who feel like you
- Trained counsellors online at all times
- 24/7 – online or via app for Android and iOS
- Totally anonymous



Guided Support

- Online self-help programmes
- Take as many as you like
- Covers topics such as depression, anxiety, weight management, stopping smoking and many more

How Big White Wall Helps

Get Support

- You are not alone, join the community
- Talk openly and anonymously about what's on your mind anytime, 24/7

Take Control

- Understand more about yourself
- Take a course or talk with an expert
- Choose the support and tools from a wide range of resources that work for you

Feel Better

- 95% of members feel better as a result of using Big White Wall

Innovation health & wealth NHS High Impact Innovation

www.bigwhitewall.com