

## Big White Wall

*Big White Wall* er vefsíða þar sem boðin er einstaklingsmiðuð aðstoð sem nefnd er *LiveTherapy*. Aðstoðin miðar að því að aðstoða þá sem lent hafa í tilfinningalegum áföllum eða eiga við heilsuvanda að stríða. Á vefsíðunni er svæði þar sem einstaklingar geta deilt reynslu sinni af heilsutengdum vandamálum.

<b>Markhópur</b>	<b>Efni</b>	<b>Tegund</b>	<b>Land</b>
<ul style="list-style-type: none"><li>• Fullorðnir</li><li>• Börn / unglingar</li></ul>	<ul style="list-style-type: none"><li>• Almennt</li><li>• Kvíði</li></ul>	<ul style="list-style-type: none"><li>• Náms- og starfsráðgjöf</li><li>• Meðferð</li><li>• Svæði</li><li>• Samfélag</li></ul>	<ul style="list-style-type: none"><li>• Bretland</li></ul>

Big White Wall is a digital support and recovery service for people who are stressed, anxious, low or not coping. At the center are the community's members who support and help each other with the guidance of trained professionals who are online 24/7. The guides work under the guidance of managers and receive training as well as regular supervision from a clinical team. They are experienced in the provision of emotional support based on principles of person-centred counselling. The access to the community is anonymous and there is the possibility to talk with members to share and discuss what's on one's mind and gain support and advice. There are information provided which help to understand more about one's feeling, setting goals and tracking progress. Despite of that, participants can join courses with others to learn how to manage everything from depression and anxiety to weight-management and quitting smoking. There's also the possibility to participate in LiveTherapy which is an online therapy via a secure platform. There it can be chosen from a directory of qualified therapists with different therapeutic approaches and whether one likes to receive therapy via video, audio or instant text messaging. The therapist communicates how suitable therapy is for the patient in the first session. The client has six months of access to the services provided by Big White Wall.



Read more about the service Big White Wall offers and what it can do to help.

[Join Now](#)

### About Big White Wall

A safe online community of people who are anxious, down or not coping who support and help each other by sharing what's troubling them, guided by trained professionals.

Available 24/7, Big White Wall is completely anonymous so you can express yourself freely and openly. Professionally trained Wall Guides ensure the safety and anonymity of all members.

Watch this quick 2 minute video to find out how Big White Wall works.

Big White Wall is available free in many areas of the UK via the NHS, employers, and universities. It is also free to all UK serving personnel, veterans, and their families.



## Upphaflegt tungumál

English

## Land

UK

## Tengill

<https://www.bigwhitewall.com/landing-pages/landingV3.aspx?ReturnUrl=/#.WRHaD9yLDB>

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