



Free to veterans, serving personnel & their families

What is it?

Big White Wall (BWW) is an online early intervention service for people experiencing psychological distress. It is provided in partnership with the Tavistock and Portman NHS Foundation Trust (TPFT).

Big White Wall is the only online wellbeing service that combines a choice of clinically informed interventions with the power of community and social networking principles to improve mental wellbeing. It is moderated by counselling staff 24/7 who ensure the full engagement, safety and anonymity of all members.

Recognising its success in the healthcare sector, the Department of Health and Help for Heroes have commissioned BWW to be provided free to veterans, serving personnel and their families.

Benefits to GPs

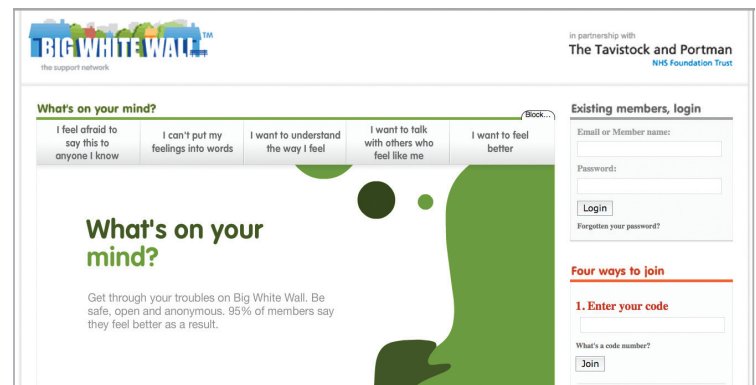
- Alternative to antidepressants
- No waiting list
- Cost equivalent to a prescription
- Savings to the NHS of £370 per member
- Clinical governance framework of TPFT

Benefits to patients

- Safe – staffed by trained counsellors 24/7
- No stigma – anonymity online
- 95% of members report improved mental wellbeing
- 85% of members self-manage
- Community based support from peers
- Access 24/7

What does it offer?

- Talk therapy in community, groups and 1:1
- Trained counsellors 24/7
- Community and peer support
- Art and writing therapies
- Therapeutic groups
- Clinical tests
- Self management programmes
- E-clinics



Offer Big White Wall to your patients

The service is available now and is free for all veterans, serving personnel and their families. Simply refer appropriate patients to www.bigwhitewall.com

Throughout the UK Big White Wall is widely commissioned in the NHS and elsewhere. For more information on offering BWW to all of your patients, contact Director of Business Development, Nicky Runeckles Nicky@bigwhitewall.com