



Who are we?

Big White Wall is an online, safe, supportive community where you can work through whatever is troubling you 24/7

How can we help you?

It can be hard to talk about your feelings or what's worrying you, usually for fear of what others may think. At Big White Wall you can access our services anonymously, so that you can feel safe and freely express what is troubling you.

- We provide immediate access 24/7
- 'Community talkabout': talk to others who share similar experiences
- Talk to trained counsellors 'Wall Guides' who provide you with support and guidance in taking steps to feel better
- 'Brick' making: vent and express what you feel in images and words
- 'Useful Stuff': a wealth of information including 'distress' tests, to help you understand worries and concerns
- Access to recognised therapies such as cognitive behavioural therapy

How to begin

- Big White Wall is free for veterans, serving personnel and their families
Simply logon to www.bigwhitewall.com
- You then create a username which does not identify you in any way
Remember!
- Click on 'Ask A Wall Guide' in the top right hand corner of your screen to ask for support, information, or guidance at any time

How we've helped others

- 75% of members talk about an issue for the first time
- 95% of members feel better as a result

What our members say

"I have found Big White Wall life transforming. I believe that it decreased my sense of isolation about issues I find difficult to share with others."

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

What's on your mind?

I feel afraid to say this to anyone I know	I can't put my feelings into words	I want to understand the way I feel	I want to talk with others who feel like me	I want to feel better
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What's on your mind?

Get through your troubles on Big White Wall. Be safe, open and anonymous. 95% of members say they feel better as a result.

What's on others' minds?

depression

i do this if?

i'm afraid that if I start to get better

i won't know

when to

S O P

Any questions?

Please contact theteam@bigwhitewall.com