

Big White Wall® Landing Page

pre 2015

Welcome to Big White Wall. Having a tough time? Feeling down or stressed? Start feeling better 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.

What can Big White Wall do for you?

Big White Wall can help you start to take control and get the support you need to feel better. Here are just a few of the ways it can help:

- Post a Talkabout
- Create a Brick
- Assess Yourself
- Find Useful Stuff
- Join a Program
- Make Friends

What do our members say?

Almost half of people share something on Big White Wall for the first time and 70% of members feel better after using Big White Wall.

< "It's good to know that other people understand how it feels to be depressed and not coping." >

Big White Wall on mobile

Big White Wall can be used on any mobile device so you can connect with the BWW community wherever and whenever you want.

Our standards

NHS, Department of Health, HSC, Innovation health & well-being, Care Quality Commission, HSJ 2013 Awards, National Health Service Quality Award, 100, Finalist, Best Newcomer.

Share

Why not share with family and friends?
Or anyone you feel may need our help.

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About Big White Wall
History of Big White Wall
House rules
Keep safe on Big White Wall
Wall Guides
FAQs
LiveTherapy FAQs
Comments
Get in touch
Blog

How to
Choose my username
Search the site
Logout of wall
Create a brick
Gift/share a brick
Start a talkabout
Helpful terms & tags/topics
Take a test
Manage my profile

Corporate
Services
Clients
Meet the team
Careers
Media and awards
Clinical governance
BWW and UK policy
Privacy and data protection
Editorial policy
Transforming mental health services

Information
Terms of use
Your privacy
Accessibility
Big White Wall is intended for those over the age of 16

This site is not intended for individuals in an emergency situation. If you are in a life threatening situation, please immediately call 999 or go to your nearest Accident & Emergency Department. You can also contact the Samaritans on 116 123.
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Big White Wall®

JOIN US LOG IN ABOUT US TESTIMONIALS FAQ

WHATEVER YOU'RE GOING THROUGH, YOU'RE NOT ALONE. GET SUPPORT AND FIND PEOPLE WHO UNDERSTAND.

Join us Log in

Connect with a community that cares and is accessible anytime anywhere.

Feel Safe with our Wall Guides

Big White Wall offers an anonymous peer support community, self-managed programs and creative outlets all moderated 24/7 by our clinically trained Wall Guides. When you're dealing with everyday stressors or major life events, we'll help you get through it. [Take A Tour](#).

- Anonymous peer support
- Self-guided courses
- Self-improvement tools and smart resources
- Safe space to express yourself without judgement

How you feel matters

Join our supportive community and start feeling better today

Big White Wall's evidence-based methods are designed to motivate healthy behaviors, build emotional resiliency and offer real results. Our interactive platform is built upon a personalized approach that integrates self-paced programs, an anonymous community and educational resources that encourage self-care. You can feel secure freely expressing yourself in a safe space where your identity is completely private.

Connect with Talkabouts

Express with Bricks

Learn with Guided Support

Explore with Useful Stuff

Connection and support at your fingertips

When I talk, someone hears me - wall member -

The door is always open, 24/7 - wall guide -

HSJ 2013 Awards, National Health Service Quality Award, 100, Finalist, Best Newcomer.

How Our Science-Based Pathways Work

Take a tour and discover a new approach towards self-care

Explore an example of a Big White Wall member journey and see how our features and tools offer a personalized experience and real results.

Take a Test

Check in and learn more about how you are feeling so that you can notice tendencies, recognize triggers and track your progress along the way.

Follow Sunflower28's journey on Big White Wall

You scored 14/21 07/13/16

Sunflower28 is having a tough day and is preoccupied with feelings of sadness. She logs in to Big White Wall and takes a test to check in with her feelings.

This Is Our Story

When an urban neighborhood learned that their homes would be torn down, the community came together to paint the walls as a canvas to anonymously express their feelings.

The name Is Big, as human emotion is infinite. White as the blank canvas on which we can openly express our feelings, and Wall as it supports, protects and is something we need to break through at times. [Learn More](#)

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This site is not intended for individuals in an emergency situation. If you are in a life threatening situation, please immediately call 911 or go to your nearest Emergency Room. You can also contact the National Suicide Prevention Hotline at 1-800-273-TALK (1-800-273-8255). It is free and available 24/7.
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