

Date: 1st April 2020

Free 24/7 online mental health support available in Glasgow

It's estimated that 1/4 people will suffer with mental ill health. We also know that talking about it can be difficult. But people no longer have to struggle alone. Whether you're dealing with a mental health issue or just feel burdened by everyday worries or concerns, Big White Wall provides safe, anonymous online support 24/7.

Big White Wall provides a supportive, online community to give help when you're feeling down. Trained professionals are available 24/7, and there's a choice of safe therapeutic services, including online self-help courses. This means anyone who may be struggling can get support at a time that suits them, from the comfort of their own home.

Big White Wall has already helped more than 180,000 people, including thousands from the UK Armed Forces community, which is supported by the Ministry of Defence, and Help for Heroes.

One Big White Wall member said: *"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."*

Big White Wall is now available for all residents 16+ for free in Glasgow funded by Glasgow City Council Education Services. If you live in Glasgow and are 16 years to 18 years you can simply go to www.bigwhitewall.com and enter your postcode to join. 70% of members report feeling better as a result of using Big White Wall and 1 in 2 shared something on Big White Wall for the first time.

One member, who had been working in a stressful environment, said: *"I was always the strong one, but when I was signed off with work-related stress, I thought I was a failure. On*

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logging in to Big White Wall, I wasn't alone anymore. I've been using it for a year now, and I'm recovering and back at work. I'm truly grateful for Big White Wall."

Another member reported: "I started using it at a time of crisis. I was finding it difficult to manage my distress. Using the site has helped me reduce anxiety, stress and feelings of isolation, enabled me to feel connected to others who have emotional issues, and given me an opportunity to be part of a helping community."

When a new member joins www.bigwhitewall.com they create a username, which does not identify them in any way. The service is completely anonymous.

Ends

For more information please contact:

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Notes to Editors

Spokespeople available for interview

About Big White Wall

Big White Wall is a community of people who are experiencing common mental health problems who are supported to self-manage their own mental health.

Big White Wall has supported over 180,000 people to date and has been commissioned by Clinical Commissioning Groups, the Ministry of Defence, various universities and colleges, employers and many others.

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Email/Newsletter Template

Subject: Announcing an online mental health support service - Free for young people residing in Glasgow aged 16 and over.

Dear Colleague,

Big White Wall (BWW) provides safe, anonymous online support 24/7, and is now free for all Young People aged 16 to 18 living in Glasgow.

The multi-award-winning service is designed to help residents get support, take control and feel better. It provides 24/7 peer and professional support Glasgow plus a range of wellbeing tools to help people self-manage.

Residents can access this 24/7 support by entering their postcode at www.bigwhitewall.com.

For any other queries, please contact theteam@bigwhitewall.com.

Local authority website /directories Template

Glasgow City Council Education Services provides free access to the digital mental health and wellbeing service - Big White Wall (BWW) for all residents aged 16+, in order to support the mental health and wellbeing of the local area. BWW provides safe, anonymous, online support 24/7, with a supportive community, information and self-help resources, and trained professionals online at all times. The service is free to all in Glasgow.

Access is easy: simply go to www.bigwhitewall.com and enter your postcode.

Any young Person aged 16 -18 living in Glasgow struggling with mental health issues or experiencing a tough time can find support on Big White Wall. If you are struggling, or know someone who is, don't hesitate to join BWW or recommend it to someone you know.

95% of members reported feeling better as a result of joining BWW, and 73% shared something for the first time. Whatever you're going through, BWW is there to help.

One member commented: *"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!"*

For more information on the services offered by Big White Wall please see the short video at www.BigWhiteWall.com

Online Directory Entry Template

Free online mental health support for young people aged 16 to 18 years living in Glasgow.

Glasgow residents going through a tough time or struggling with mental health issues can get free online support. Big White Wall is available to all Glasgow residents aged 16+.

The service is designed to help people get support, take control and feel better. It provides 24/7 peer and professional support (with trained counsellors online at all times), plus a range of wellbeing tools to help people self-manage. This service is safe and anonymous, so no one will know you have chosen to use it unless you tell them.

If you would like to get support, simply go to www.bigwhitewall.com and enter your postcode.