

A guide to Qwell

By your side when you need us

What is Qwell?

We provide a safe and confidential space to share experiences and gain support from our community and qualified mental health professionals

We are here to support you alongside other support services.

Who can use Qwell.io?

Qwell is open to adults from the age of 18 but this starting age may vary depending on the area you live in.

What you'll find on Qwell

Moderated Community Support

Relate and connect with others by sharing similar experiences, and gain valuable self-care tips and tools from our engaged community and professional team.

Professional support

Our team of professionals aim to provide early response to emotional well-being as well as emerging mental health needs via our online platform and counselling sessions.

Personal tools

Set personal goals, write in your journal, or start a discussion with the community.

Magazine

Helpful articles, personal experiences and tips from our community and professional team.



How do I access Qwell.io support?

Just go to Qwell.io and click the yellow 'Join Qwell' button to gain access today.

Do I need to be referred to Qwell.io by my GP?

No formal referral is needed to join Qwell. You're able to self-refer at any time.

When can I talk to the Qwell.io team?

Our service is available 365 days a year. Our Qwell.io team are available to chat with you between the hours of 12pm-10pm Monday-Friday and 6pm- 10pm on Saturdays and Sundays. Alternatively, you can send us a message on the site at any time of the day or night, which will be responded to within 24 hours.

Our Accreditation

Qwell offers a fully accredited counselling service with the British Association of Counselling and Psychotherapy (BACP) or equivalent. All counsellors receive regular clinical supervision in accordance with BACP guidelines.

We work in tandem with the NHS to improve mental health support for adults.

Is Qwell.io an Anonymous service?

Qwell.io is Pseudo-anonymous. This means you provide a username which is how you are known on the site. You can post and comment anonymously on Qwell. io without being visibly identified to our team or other users.

Can I message other adults on Qwell?

The only adults on the site that you can message privately are our Qwell professionals. You can however comment on, or post your own online forums that are visible to all adults on the site to get community support.

You're in safe hands

We believe in a judgement free space, achieved through our moderated community and professional content and our accredited counsellors and emotional well-being practitioners.

