



Website copy template for Qwell - supporting adults

Qwell is an online mental health and wellbeing service for adults. Here are some things to remember about Qwell:

- **It's free to use**
- **You're completely anonymous**
- **No bullying or discrimination can take place**
- **You don't need any kind of referral to join**
- **Signing up and getting started only takes a few minutes**
- **Nothing is too big or small**

What you'll find on Qwell includes:

- **Live text-based chat sessions with a member Qwell's team**
- **Support from an online community of other adults.**
- **A range of self-help tools and activities**
- **Helpful content written by other adults and the Qwell team**

How to join Qwell:

Whatever you're going through, you don't have to face it alone. You can talk to Qwell about anything, for free and anonymously today go.qwell.io/OQqsd0