



Qwell.io is a free safe and anonymous online wellbeing platform, that is now available for adults in Liverpool (26+).

Qwell is commissioned in Liverpool by Public Health and is here to support adults in Liverpool by providing a space to access professional support without long waiting lists or thresholds.



Adults can join online peer support communities, access self-help materials or engage in drop-in or booked one-to-one online chat sessions with our experienced counsellors.

> To find out more, or to book an information session please contact liverpoolqwell@kooth.com

To book on to a prearranged Eventbrite (For all adults) to discover Qwell.io for yourself click on your preferred date below: <u>29/04/21</u> at 4pm or <u>05/05/21</u> 11:30pm

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		CHAT We're online today until 10pm. If you'd like to know more about how chat works you can read our JOW TO: OWELL CHAT GUIDE.
Pandemic diaries of a primary school teacher	By your side when you need us	There is usually a bit of a queue to have a chat, especially in the evenings, when Qwell is busiest. If you need urgent help you can contact one of THESE ORGANISATIONS.
We have now been in the grips of the COVID-19 p. March. And for many key workers in the UK, this h working very different or even longer working hour	Online emotional wellbeing and mental health support.	REQUEST A CHAT



Sign up at qwell.io