



How to sign up to Qwell.

Qwell is a FREE, anonymous, confidential and safe online emotional wellbeing service, offering professional support, information, discussion boards and more for adults.

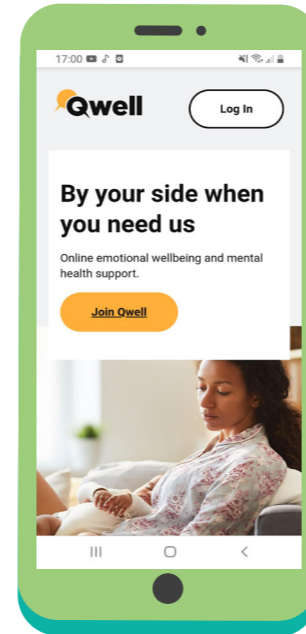
Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

Log on through **mobile, laptop** and **tablet**.

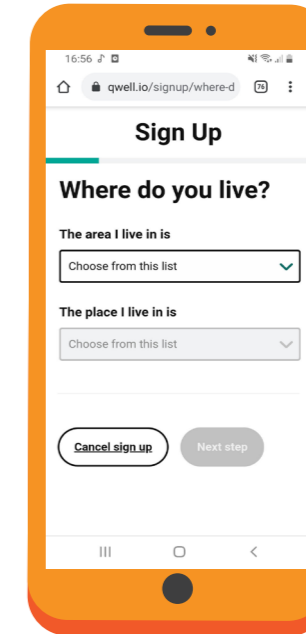
Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks.

To talk to a counsellor click on: **“Chat now button”**.
To write a message to the team, click on: **“message the team”**

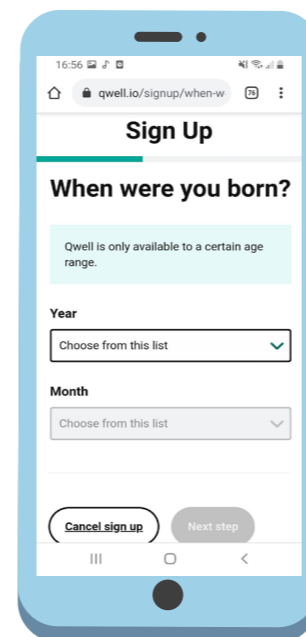
www.qwell.io



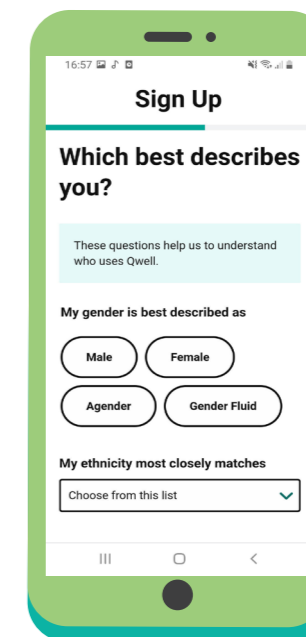
1 Click on the **‘Join Qwell’** button located in the centre of the home page of the Qwell website



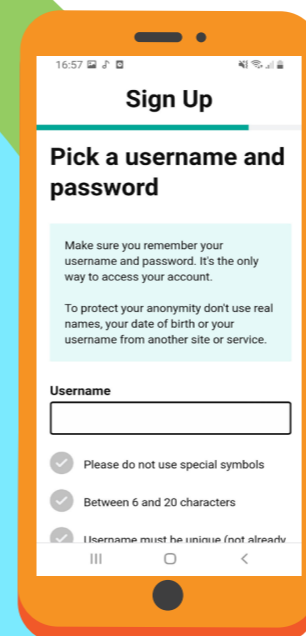
2 Choose from the drop down boxes, the **area** and **location** you live in



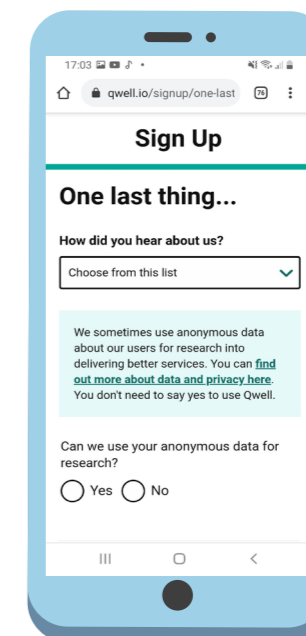
3 Select the **year** and **month** you were born



4 Click on the **gender** that best describes you and then the **ethnicity and background** that most closely matches you



5 Create an **anonymous username** (not your real name) and **secure password**



6 Choose from the drop down box to explain where you found out about **Qwell**

7 Select **Next step** to complete your registration