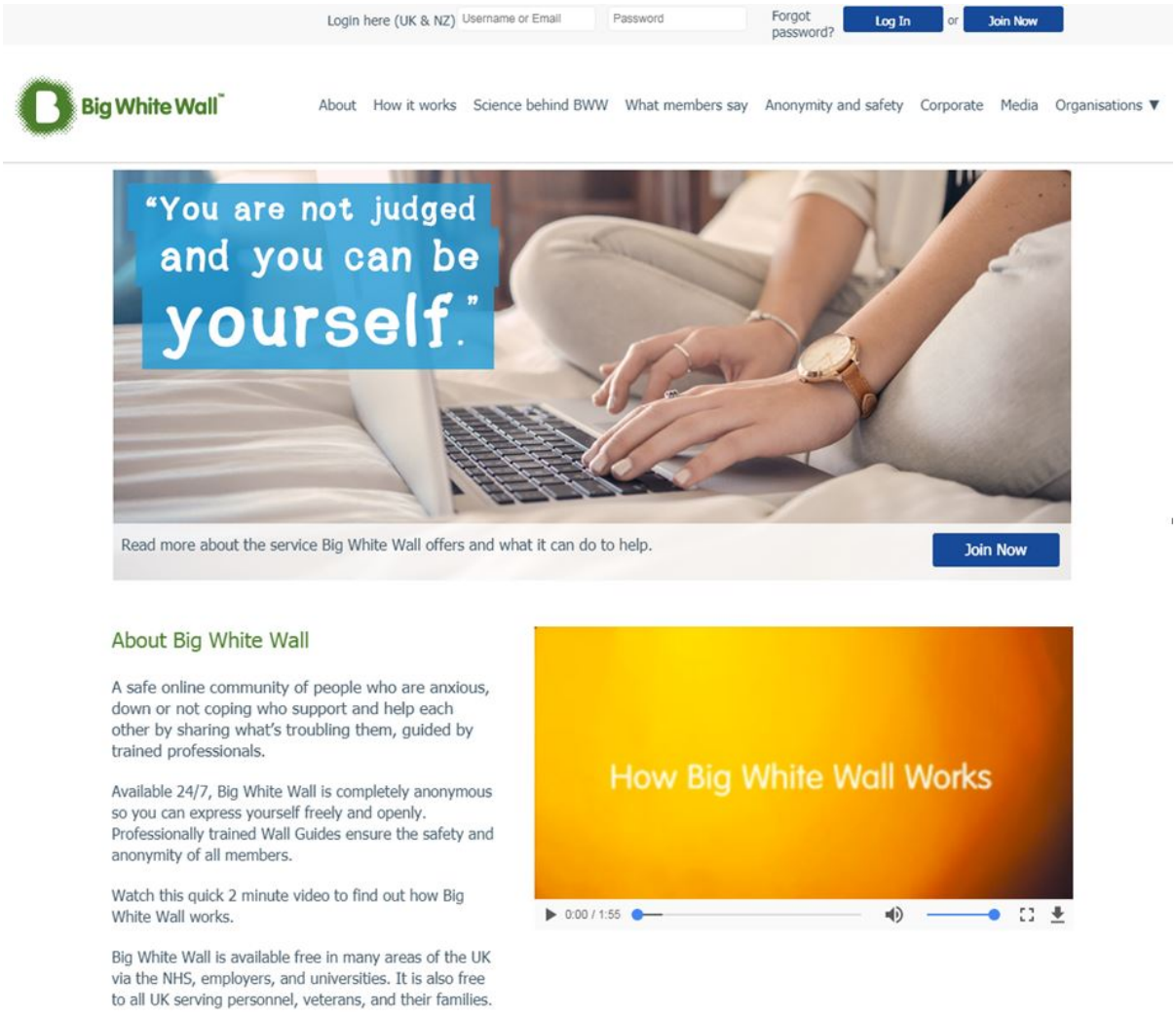
Big White Wall

Big White Wall offers an individual online therapy called LiveTherapy and is helpful for people who struggle with emotional health problems or difficult life experiences. Despite of that, there is an online platform which offers access to a community of people experiencing common mental health issues. Members can express themselves freely because anonymity is guaranteed. The activity on the SupportNetwork is separate from LiveTherapy.

Target Groups	Topics	Type of Best Practice	Country
• Adults • Children / Adolescents	• General • Anxiety	• Counselling • Therapy • Platform • Community	• UK

Description

Big White Wall is a digital support and recovery service for people who are stressed, anxious, low or not coping. At the center are the community's members who support and help each other with the guidance of trained professionals who are online 24/7. The guides work under the guidance of managers and receive training as well as regular supervision from a clinical team. They are experienced in the provision of emotional support based on principles of person-centred counselling. The access to the community is anonymous and there is the possibility to talk with members to share and discuss what's on one's mind and gain support and advice. There are information provided which help to understand more about one's feeling, setting goals and tracking progress. Despite of that, participants can join courses with others to learn how to manage everything from depression and anxiety to weight-management and quitting smoking. There's also the possibility to participate in LiveTherapy which is an online therapy via a secure platform. There it can be chosen from a directory of qualified therapists with different therapeutic approaches and whether one likes to receive therapy via video, audio or instant text messaging. The therapist communicates how suitable therapy is for the patient in the first session. The client has six months of access to the services provided by Big White Wall.



Original language

English

Country

UK

Link

https://www.bigwhitewall.com/landing-pages/landingV3.aspx?ReturnUrl=/#.WRHaD9ykLDB

(access date: 04/07/2017)

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ILI. *Big White Wall.* Retrieved on Sunday November 22, 2026 from https://ecounselling4youth.gunet.gr/online-material/courses/TGP142/

Co-funded by the
Erasmus+ Programme
of the European Union

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