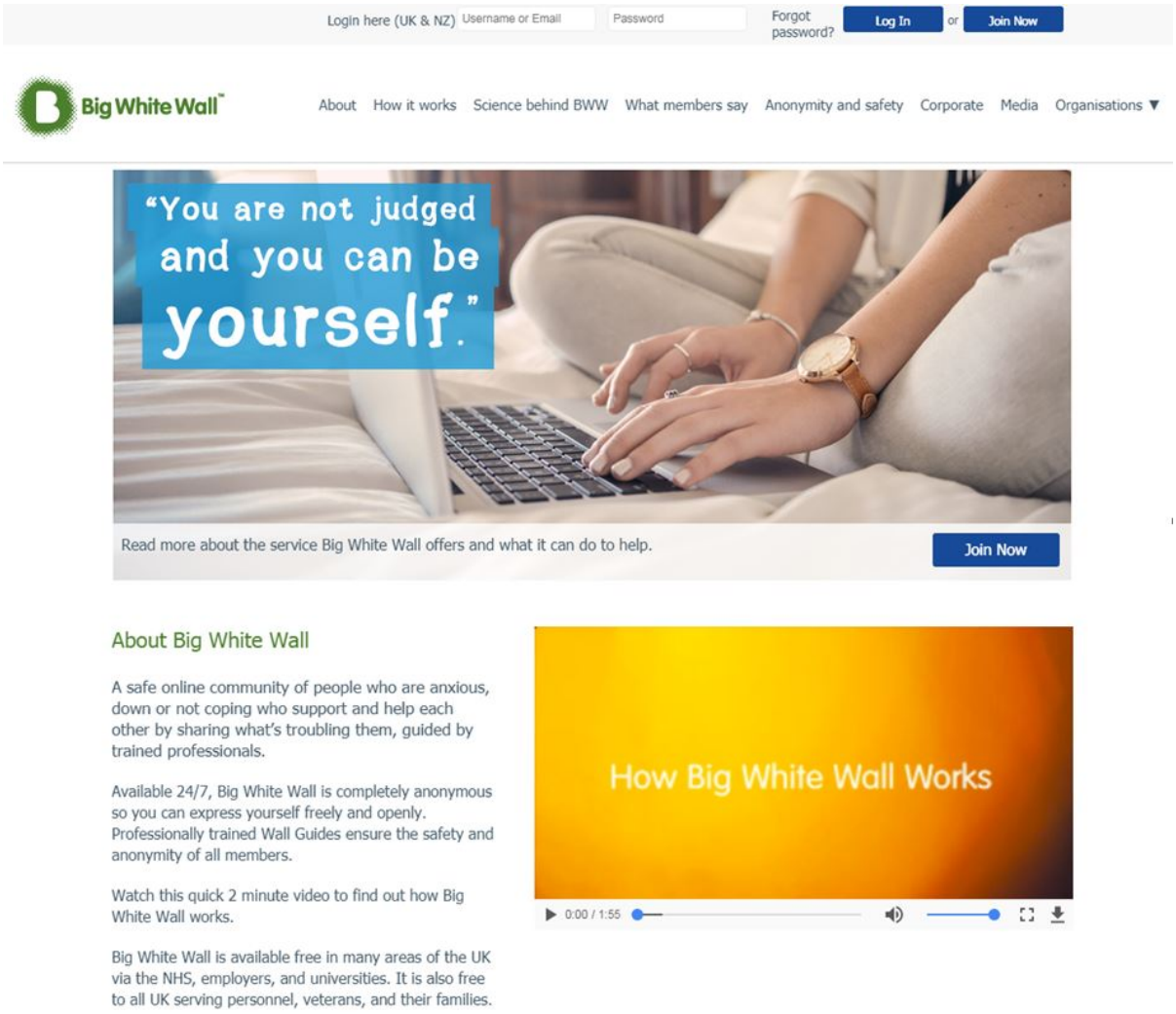
Big White Wall

Big White Wall er vefsíða þar sem boðin er einstaklingsmiðuð aðstoð sem nefnd er *LiveTherapy.* Aðstoðin miðar að því að aðstoða þá sem lent hafa í tilfinningalegum áföllum eða eiga við heilsuvanda að stríða. Á vefsíðunni er svæði þar sem einstaklingar geta deilt reynslu sinni af heilsutengdum vandamálum.

Markhópur	Efni	Tegund	Land
• Fullorðnir • Börn / unglingar	• Almennt • Kvíði	• Náms- og starfsráðgjöf • Meðferð • Svæði • Samfélag	• Bretland

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.



Upphaflegt tungumál

English

Land

UK

Tengill

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

(access date: 04/07/2017)

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https://www.ecounselling4youth.eu/project/