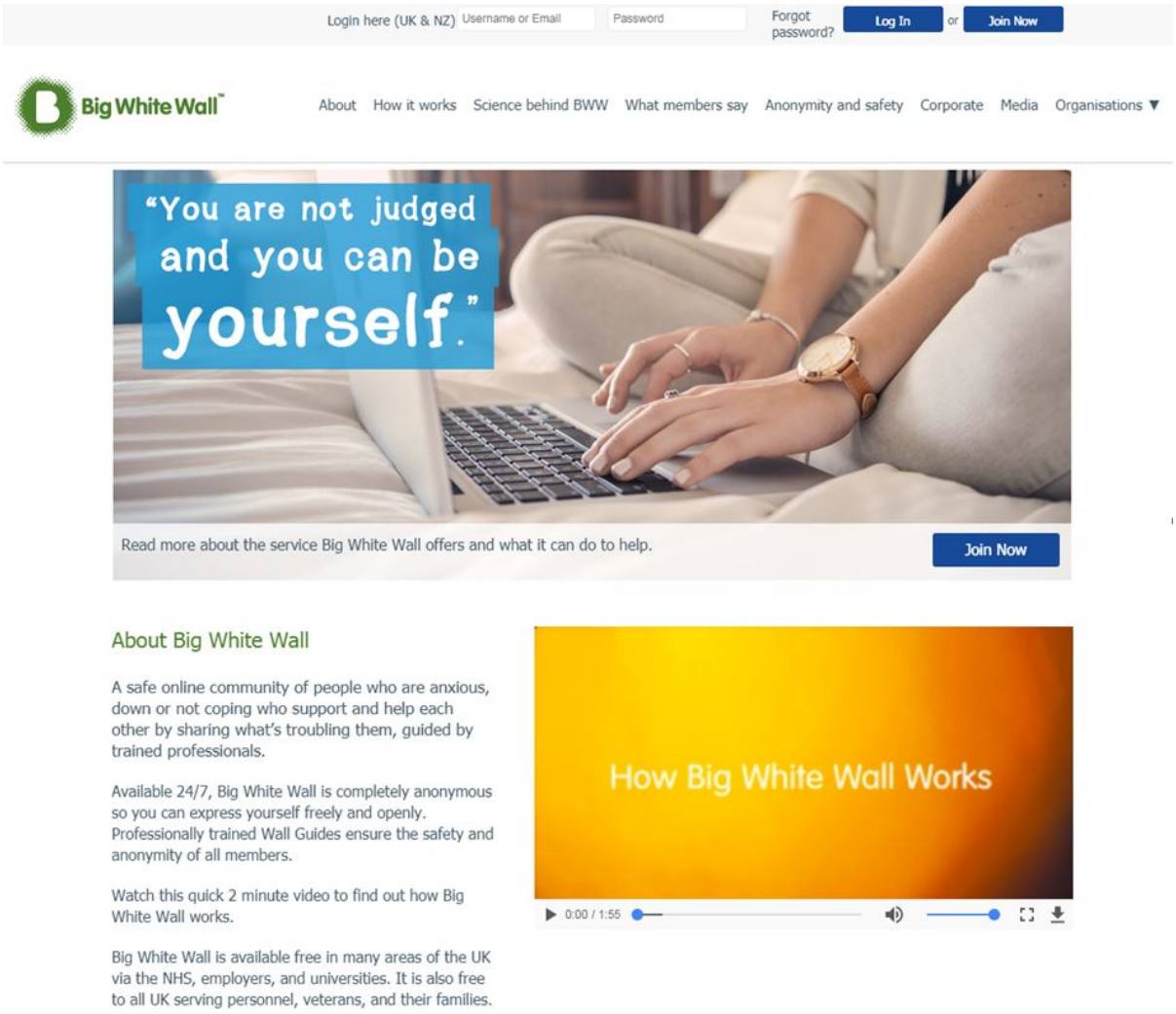
Big White Wall

Big White Wall nudi individualnu online terapiju pod nazivom LiveTherapy a korisna je za ljude koji se bore s emocionalnim zdravstvenim problemima ili s teškim životnim iskustvima. Postoji i on-line platforma koja pruža pristup zajednici ljudi koji se suočavaju s učestalim poteškoćama mentalnog zdravlja. Članovi se mogu slobodno izraziti jer je zajamčena anonimnost. Aktivnost na SupportNetworku odvojena je od LiveTherapy.

Ciljana skupina	Tema	Vrsta dobre prakse	Zemlja
• Odrasli • Djeca / Adolescenti	• Općenito • Anksioznost	• Savjetovanje • Terapija • Platforma • Zajednica	• Velika Britanija

Opis

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.



Jezik originala

English

Zemlja

UK

Poveznica

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

(access date: 04/07/2017)

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ILI. *Big White Wall*. Skinuto sa Sunday November 22, 2026 od https://ecounselling4youth.gunet.gr/online-material/courses/TGP363/

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

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

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