

Having a tough time?

Big White Wall
can help you
get support,
take control
and feel better.



Big White Wall®

Available online 24/7

Get support Take control Feel better

Photo credit: Robin Hermansson

Confidential mental health and
wellbeing advice and support service

Free to all working UK-based
merchant seafarers with funding
from the Seafarers Hospital Society



Registered charity number 231724



Confidential 24/7 online support
for your mental health and wellbeing

Free to all working UK-based merchant
seafarers

What Big White Wall Offers



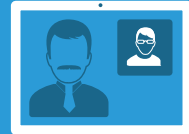
SupportNetwork

- Talk to others who feel like you
- Trained counsellors online at all times
- Online 24/7
- Totally anonymous



Guided Support

- Online self-help programmes
- Take as many as you like
- Covers topics such as depression, anxiety, stopping smoking and many more



LiveTherapy

- One-to-one online therapy, with choice of therapist/clinician
- Accessible via webcam, audio + instant messaging
- Date and time to suit you, including evenings & weekends

70%
of members
feel better

"The Wall is amazing for helping people to cope with things that are getting them down."

46%
share an issue
for the first time

"I feel that the support given by Big White Wall is fantastic. You are not judged and you can be yourself. This is the only place I have felt comfortable expressing myself."

How To Access Big White Wall

The Seafarers Hospital Society has joined forces with Big White Wall to provide free support to working UK-based merchant seafarers. To find out more and join today visit seahospital.org.uk and select **Mental health and wellbeing**.

Questions about Big White Wall?

For more information on how Big White Wall works, visit www.bigwhitewall.com or email questions to theteam@bigwhitewall.com

Get support Take control Feel better