

Big White Wall®

Big White Wall (BWW) is a community of members (aged 16+), who support, help each other and share what's troubling them in a safe and anonymous environment. The site is available for free, 24/7, by logging on with an Ontario postal code.

To ensure safety and anonymity, the site is monitored by clinically trained 'Wall Guides', who are online at all times. Wall Guides are also there to help people feel welcome and guide them on how to get the most from the service.

Big White Wall provides:

Community Support: Connect with others who are experiencing similar issues and share what's on your mind while gaining support and advice.

Anonymity: Your anonymous username allows you to freely interact and communicate without fear of being judged.

Creative Outlets: Design an artistic expression of your thoughts and feelings through 'Bricks'. Create from scratch or simply upload images and words.

Focused Courses: Join 'Guided Support' courses with others to learn how to manage everything from depression and anxiety to weight-management and stopping smoking.

Self-Improvement Tools: Learn tips and find ways of coping using our valuable resources. They provide lots of information about many conditions and topics to help understand more about feelings, set goals and track progress.

Assessments: Take assessments to help understand more about yourself and the best way to manage challenging situations.

Website: <https://www.bigwhitewall.ca/>

