

By your side when you need us

Online emotional wellbeing and mental health support.

[Join Qwell](#)

Launch of a new service for adults in South East London. Qwell is a free, anonymous, online mental health and wellbeing support service, available to all those aged 26 and over in the region.

Users can access online counselling, advice and emotional support, anywhere, using a computer, smartphone or other internet enabled device. It provides a safe, secure means of accessing help via the internet from a professional, accredited team of counsellors and well-being practitioners.

Please visit www.qwell.io to sign up and find out more.

If you have any questions or would like to discuss what Qwell can offer you or anyone you know, please contact the team at selqwell@kooth.com, who will be able to answer your queries.

We will also be offering a series of Qwell information webinars you can join to learn more about the service too.

A safe and confidential space to share experiences and gain support from our community and qualified professionals.

Community support

Relate and connect with others by sharing similar experiences, and gain valuable self-care tips and tools from our engaged community and professional team.

Professional support

Our team of professionals aim to provide early response to emotional wellbeing as well as emerging mental health needs via our online platform and counselling sessions.

Personal tools

Set personal goals, write in your journal, or start a discussion with the community.

Magazine

Helpful articles, personal experiences and tips from our community and professional team.