

# How to sign up to Qwell

Qwell is a FREE, anonymous, confidential, safe, online mental health and emotional wellbeing community, offering counselling, information, and forums for adults aged 19+.

You have 365 days-a-year access to counsellors and online practitioners who are available from:

12pm-10pm Monday- Friday

6pm-10pm Saturday – Sunday

Log on through mobile, laptop and tablet.

## www.qwell.io

1 Click on the **Join Qwell** button located in the centre of the home page on the [www.qwell.io](http://www.qwell.io) website.

2 Choose from the drop down box the area you are in, and the place you live in within that area:

**The area I live is...**

Choose

**The place I live is...**

Choose

3 Add the month and year you were born:

**I was born in...**

Year

Month

4 Click on the gender you identify with:

**My gender is best described as...**

Male

Female

Agender

Gender Fluid

5 Choose from the drop down box the ethnicity that most closely matches yours:

**My ethnicity is...**

Choose

- 6 Create an anonymous username (not your real name) and secure password that you won't easily forget.
- 7 Choose from the drop down box to explain where you found out about Qwell to complete your registration.
- 8 Click on the **Create Account** button. And that's it!

**Now that you are in you can click on the icons at the top of the page to choose from the articles, journal, goals forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.**

**To talk to a counsellor, click the turquoise "Chat now" button and you will be placed into a que.**

**To write a message to the team inbox, click on the mustard "Message the team".**