Big White Wall: Reviews by the members

Tomos
I discovered Big White Wall at just the right time, I'm a depressive but have found so much help, the invaluable support of the wall guides, the chance to try and use my personal "bricks" to put my thoughts and feelings into substance. I would rate the site highly every time.

Clare
BWW is great, when I don't feel like I have anywhere to turn, I still have BWW. This is invaluable!!

Lynn
I haven't used the app but the website is a safe, anonymous place where you can say what is worrying you without the fear of being recognized. The members are very kind and helpful and my experiences have been positive for 98% of the time. I did have a problem with a troll who was saying stuff I didn't like but the wall guides were soon on top of it and that person was removed from the membership and so could no longer send negative comments to others who have from moderate to severe depression, PTSD and thoughts of suicide. What a godsend. It has saved me and for that I am grateful.

Rachael
Big White Wall has turned out to be my lifeline.. people genuinely care. Practical advice, emotional support or just an understanding ear.. non-judgemental, compassionate and kind.

Robert
I had not talked to anyone about what was going on. I was starting to scare myself. Big White Wall brought me back from the edge. Recently I wrote a last post to say to people there how I was back on track thanks to their support and the wall guides. I hope I don't need it again but it is good to know it is there if I do.

Murdock
Useful website when you are feeling low – no judgements, just support.

Katie
Like a lot of other people on here, I don’t know where I’d be without BWW. Knowing there’s someone there 24-7, encouraging you to express yourself and help others; it’s a life saver. The team always respond to you so you feel there’s always someone there, which means so much. It took time for me to see just what a good design it is, but now I wouldn’t be without it... which brings me to the price-not many trusts have paid for it and paying for it yourself (at £24 per month) is expensive; but not compared to private therapy granted. Which is why every NHS trust should have it!

About Big White Wall
Big White Wall (BWW), founded in 2007, is the leading digital integrated mental health provider in the UK, with growing international presence including in the USA. The company offers a digital peer network where people can share problems without stigma, supported and monitored by trained counsellors. It offers self-diagnostic tests on personal mental health, live therapy sessions and online therapy programs which guide sufferers in coping with problems such as anxiety, depression and insomnia. 95% of members report feeling better and 80% self-manage through BWW. The LiveTherapy service has recovery rates above the national average.