

Introduction to Kooth QWELL for

'Introduction to QWELL' sessions are being held adults aged 18+ living in the Bradford & Craven area. The sessions will provide an overview of www.qwell.io, explaining who we are and how we can help support you with your mental health and emotional wellbeing., especially during this difficult time.

To attend please register on the following link via Eventbrite:

Wednesday 10th March 6.00-7.00

<https://www.eventbrite.co.uk/e/qwell-anonymous-mental-health-support-for-adults-in-bradford-tickets-140468090841>

Friday 19th March 11.00-12.00

<https://www.eventbrite.co.uk/e/qwell-anonymous-mental-health-support-for-adults-in-bradford-tickets-140468379705>



Community support means everything to us

Explore our supportive and anonymous mental wellbeing community for adults.



Chat online to qualified counsellors



Read and write articles



Get online support from the Qwell community



Set personal goals and record how you feel



qwell.io