

Transcript

0:02

a safe place to talk

0:03

share and support others like you

0:05

moderated by professionals 24

0:07

7. everybody is safe

0:10

we don't use real names and we take your

0:13

anonymity

0:13

seriously once in you can use a range of

0:17

tools and services

0:18

connect with others who are experiencing

0:20

similar thoughts and feelings

0:23

express yourself creatively by posting a

0:25

brick

0:28

keep track of thoughts and feelings in

0:30

your very own journal

0:33

identify and work towards your goals

0:36

understand what you're experiencing and

0:38

track your progress

0:42

take part in an online course where you

0:44

can chat with others and share tips on

0:46

what's working

0:48

and when you need a bit more support our

0:49

clinically managed registered wall

0:51

guides are just a click away

0:54

so join today to get support take

0:56

control and feel better