

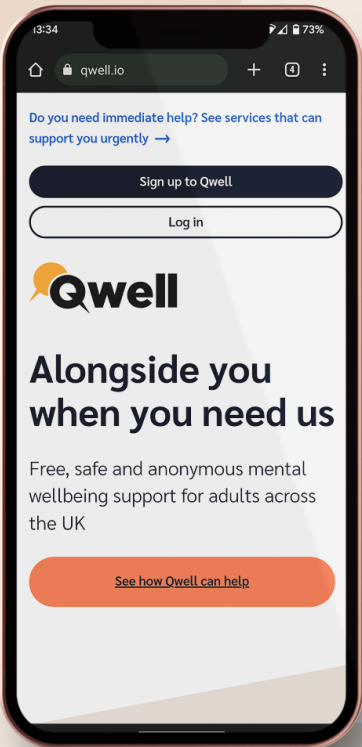


How to sign up to Qwell

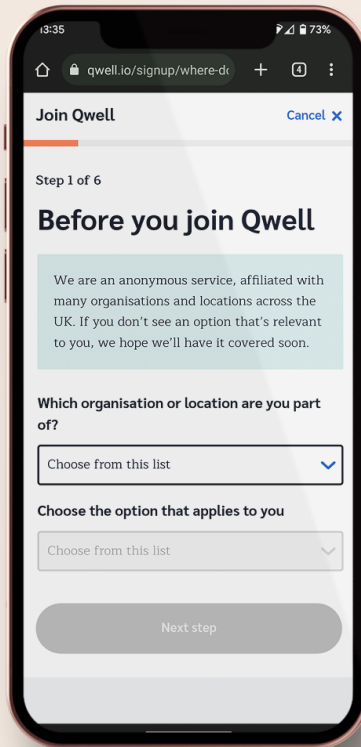
Qwell is a free, safe and anonymous online mental health and wellbeing service for adults.

Signing up is quick and easy, no GP referral is required and you can talk to us about anything.

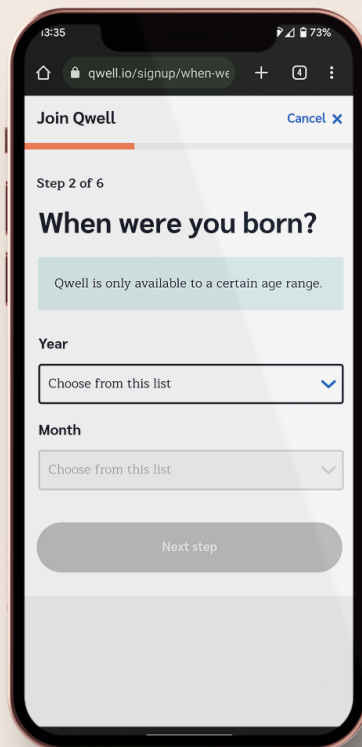
Log on through **mobile, laptop or tablet.**



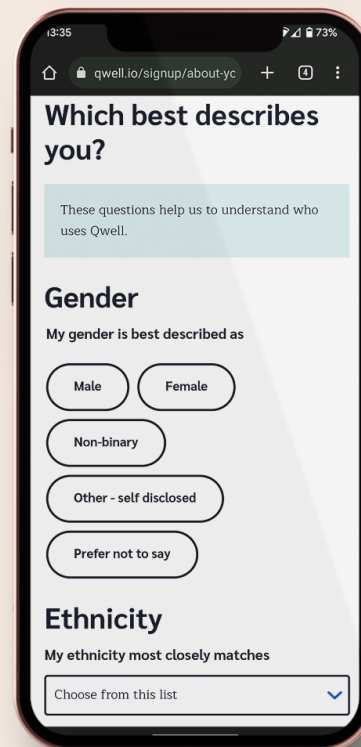
1
Visit **www.qwell.io** and click on the **'Sign up to Qwell'** button.



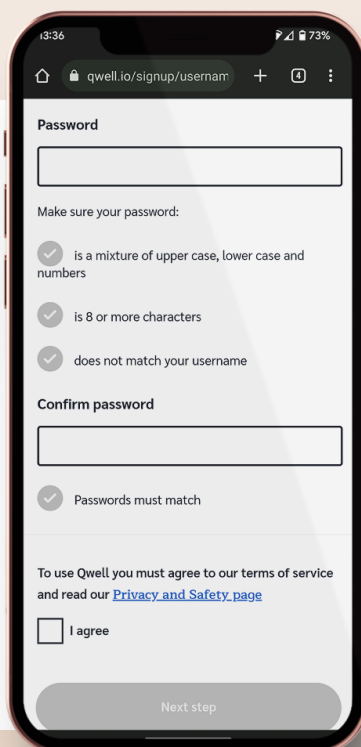
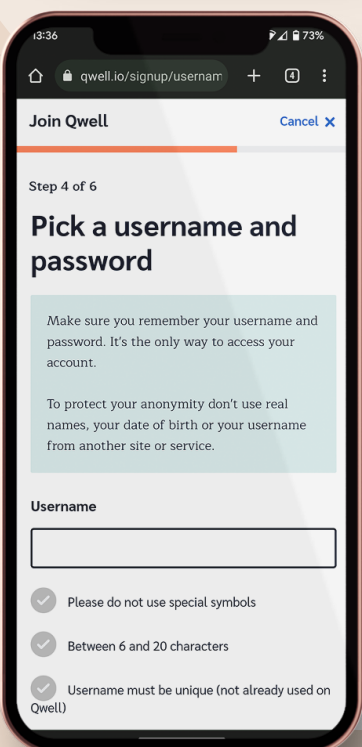
2
Choose your **location** or **organisation** you work for.



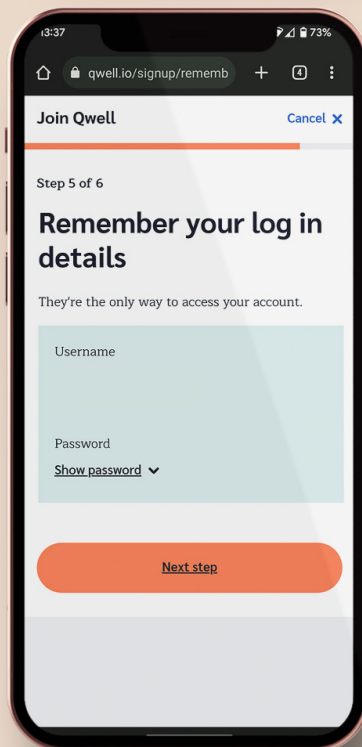
3
Select the **year** and **month** you were born.



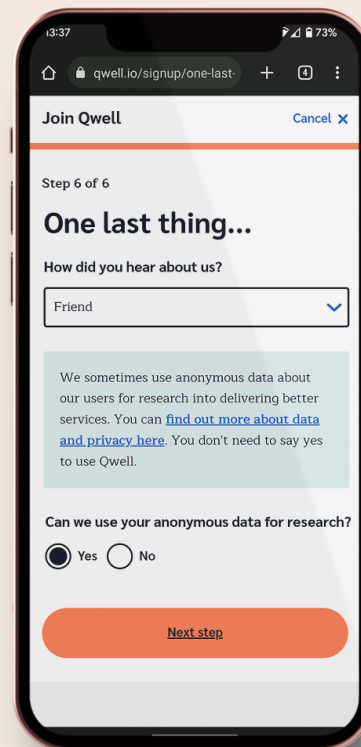
4
Click on the **gender** that best describes you and then the **ethnicity** that most closely matches you.



5
Create an **anonymous username** (not your real name) and **secure password**.



6
Try to keep note of your **username** and **password**.



7
Let us know how you heard about **Qwell**.

www.qwell.io