

Seafarers Hospital Society

Big White Wall

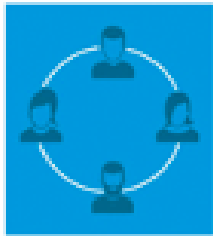
Tim Carter
SHS Trustee

What is BWW?

- Validated and widely used web-based support network for anyone who feels they are distressed.
- Delivered on laptop, tablet or smartphone
- Users include: military veterans, NHS primary care in some parts of UK, universities, corporate clients. Also in USA, Australia, NZ, Canada
- Now available to UK based seafarers funded by SHS.

Elements of BWW

About Big White Wall



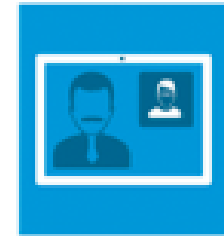
SupportNetwork

- Talk to others who feel like you
- Trained counsellors online at all times
- 24/7 - online or via app for Android and iOS
- Totally anonymous



Guided Support

- Online self-help programmes
- Take as many as you like
- Covers topics such as depression, anxiety, weight management, stopping smoking and many more



LiveTherapy

- 1:1 online therapy sessions
- Webcam, audio and instant messaging
- Choose your therapist and pick session times to suit you (including evenings and weekends)

> Click here to check out the Big White Wall website for a taste of what they do www.bigwhitewall.com

Access to BWW

- Via SHS website: <http://seahospital.org.uk>
- Check on eligibility – UK based serving seafarer
- Access code sent to seafarer – not linked to individual
- Guarantee of anonymity
- Stigma-free
- User led, but psychologist moderated.
- SHS has contracted for 120 users a year, c20 to date.



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Mental health and wellbeing

New advice and support service for merchant seafarers – *from 1st June 2016.*

The Society has joined forces with the Big White Wall to provide a mental health and wellbeing advice and support service to UK-based merchant navy personnel who may be struggling to cope.

Big White Wall provides online support 24/7 in a safe, supportive and anonymous environment. Services include information, self-help resources, access to a supportive community, and trained counsellors.

Building on the success of similar schemes run in partnership with the NHS, universities, Armed Forces and local authorities, Big White Wall is now offering support to men and women in the merchant navy with funding from the Society. The service is available to any serving merchant navy seafarer who is based in the UK.

What users say:

'BWW is there 24/7 so you can use it any time.'
'BWW has helped me find other people who are going through the same feelings.'
'I feel very safe using BWW.'

> [To access the scheme click here](#)



ADs and BWW

- Can make seafarers aware of service. Both for own use and to tell others about
- May point some seafarers towards BWW based on discussions with them

- Descriptive leaflet in press.

[Also note SHS open access physio service for UK based seafarers]