

Qwell

Qwell is a free, safe and an anonymous mental health and wellbeing online service. There are no waiting lists, no referrals and no thresholds required to access the service. It's available to anyone aged 18 years or over living in Newcastle or Gateshead, in addition to the range of mental health services already available.

You can access online counselling from qualified counsellors from 12pm to 10pm every weekday and from 6pm to 10pm at weekends. You can drop in for one-to-one instant text-based chats or book a session in advance. Peer support is available through moderated discussion forums and self-help through reading or submitting content.

Qwell has been commissioned by [NENC Integrated Care Board](#). It is accredited by the [British Association for Counselling and Psychotherapy \(BACP\)](#) and delivered by [Kooth plc](#).

Last updated: March 30, 2023

Website: <http://www.qwell.io/>

Opening Hours: Website available 24 hours a day 7 days a week

Online counselling available 12pm to 10pm every weekday and from 6pm to 10pm at weekends.

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