

Mental health support online,
anonymous and 24/7.

You're
Not Alone
E hara ko
koe nahe

FREE to all
in Central
Auckland

Visit bigwhitewall.com to join our
online mental health community.

BIG WHITE WALL®

Get Support Take Control Feel Better



AUCKLAND
DISTRICT HEALTH BOARD
Te Toka Tumai



Having constant access to Big White Wall
gave me a place to escape to



Big White Wall offers:

Community

Share thoughts, get creative & receive support. The community is safe, anonymous & monitored 24/7 by trained professionals

Courses

Work through a selection of courses relevant to you, with professional support on hand.

Resources

Complete tests, access tools & content and receive helpful techniques to help manage your mental health.

Register at: bigwhitewall.com



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