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Qwell

Access independent and confidential **online mental health and wellbeing support** through any connected device. Qwell is supporting the 'Good Life Service' for **CPSL Mind** across **Peterborough and Cambridgeshire**



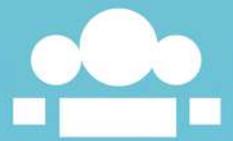
Drop-in chat based counselling or structured sessions with qualified counsellors



Mood tracking and goal setting tools



Access to self-help articles and resources



Join a supportive online community

qwell.io

find out more about CPSL Mind at www.cpslmind.org.uk