



Feeling low, stressed or struggling to cope? University of Buckingham students can now get free and anonymous online support with [Big White Wall](#).

University of Buckingham students going through a tough time or struggling with mental health issues can now get free online support with Big White Wall.

The service is designed to help people get support, take control and feel better. It provides **24/7 peer and professional support** (with trained counsellors online at all times), plus a range of wellbeing tools to help people self-manage. This service is safe and **anonymous**, so no one will know you have chosen to use it unless you tell them!

If you would like to get support, simply go to www.bigwhitewall.com and enter your University of Buckingham email address.

To see more about how Big White Wall works, you can watch this short film:
<https://www.youtube.com/watch?v=VKkCtpvOWCk>