Registering for Big White Wall

Go to [https://www.bigwhitewall.com/](https://www.bigwhitewall.com/)

Click on “Join Us”

Click on the right hand box for Universities then NEXT

Follow the screens completing as requested
Acceptable emails are @manchester.ac.uk; @cruk.manchester.ac.uk and @mbs.ac.uk.
Anonymous user name: Please pick a name that is totally unique and ensures your privacy. You may want to consider avoiding anything that relates to a social media profile name.

IT notice: Current University IT advice asks you to avoid combining your work email and work password as this presents a potential security risk to University systems when both are shared with any third-party service.

Tick boxes: Please read the Terms and Privacy Policy in detail. The Privacy Policy does explain that “the Wall is to provide a safe place for You to share Your thoughts, feelings and discussions with others in a confidential environment, where Your anonymity is respected.”

Questionnaires: Please indicate below whether you wish to share anonymised feedback from questionnaires taken on Big White Wall with your local health service organisation or institute? This is voluntary and is in relation to anonymised feedback that is occasionally sent to members to ask for feedback on the service.

Once you have completed this you should see a screen advising you to check your Inbox.
Don’t forget to click on the confirmation email!

Register now. Just click here to complete your registration

Dear member,

Thank you for joining Big White Wall. You have taken a big step towards feeling better and we’re here to help and support you 24/7.

Please read our House rules and Keep safe on Big White Wall before you get started.

If you have any questions, please get in touch theteam@bigwhitewall.com.
You will then be asked to complete details as below:

You should now be able to reach the home page to explore the functionality!

**Other**

- You can switch off notifications on your profile once set up.
- Share a brick to show how you feel

**Further Information**

Visit [https://www.staffnet.manchester.ac.uk/wellbeing/big-white-wall/](https://www.staffnet.manchester.ac.uk/wellbeing/big-white-wall/)