



## **Movember to boost access to mental health support for men in ground-breaking partnership with Togetherall**

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Access to free, online mental health support will be promoted to millions of men globally as the result of a new partnership between Movember and digital mental health community platform, Togetherall.

The leading global men's health charity today announced that it would be investing \$1.5million USD [£1.15million] funding in a strategic partnership with the community platform, which is currently available to over 10 million people, worldwide.

The move is part of Movember's strategy to build on its high-profile men's mental health awareness campaigns by investing in online support that can be scaled up safely to meet the needs of large numbers of men.

Togetherall is a peer-to-peer mental health support community, available 24/7. It allows users to share their concerns anonymously to get advice and support from fellow members while licensed and registered mental health practitioners monitor the community to ensure the safety and anonymity of all members.

Available in the United States, Canada, the UK, Australia and New Zealand, the service is accessed through participating employers, universities, colleges, or healthcare providers. All UK armed forces personnel, veterans, and their families (16+) also have free access.

Currently, around a quarter (24%) of Togetherall users are men and the aim of the collaboration is to increase the number of men using the service.

The results of a six-month research project, commissioned by Movember looking at the impact of the pandemic on the mental health of men across the UK, Canada, and Australia, revealed over half (52%) of men suffered from poor wellbeing and over a quarter (26%) per cent met the World Health Organisation's criteria for depression. Globally, three out of four suicides are by men, and it remains the leading cause of death for men under the age of 44.

Michelle Terry, CEO at Movember, said: "We know from our own research that men's mental health has been seriously impacted by the pandemic. But although awareness of mental health issues has never been higher, some men still seem to find it harder to take action when they need it.



She added: “We believe that online peer-to-peer mental health support could be a key part of the solution. Offering a space where men can share their experiences and work through their problems surrounded by a supportive community, while remaining anonymous, could remove some of the barriers that prevent them from opening up in the first place.

“We have 18 years of experience in working with men – we know how to talk to them and what works for them. We are looking forward to working with Togetherall to further develop a tool that enables more men to manage their own mental health and achieve longer, healthier, happier lives.”

Togetherall’s CEO, Henry Jones, said: “As Movember’s research highlights, the scale of the impact that poor mental health is having on men requires urgent attention; this starts by breaking down barriers which prevent men from seeking support. Our aim is to make support seeking easier and address the need at scale.

“We are so proud that Movember has recognised the value in Togetherall’s community model and is investing with us to together improve men's mental health.

“With a purpose-driven mission and passionate team, Movember aligns with our social impact goals. By working alongside a well-respected authority on men’s health, and by learning from their expertise, we will together engage with more men seeking support to improve their mental health.”

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## **Notes to Editors**

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## **About Movember**

Movember is the leading charity changing the face of men’s health on a global scale, focusing on mental health and suicide prevention, prostate cancer and testicular cancer. The charity raises funds to deliver innovative, breakthrough research and support programmes that enable men to live happier, healthier and longer lives. Committed to disrupting the status quo, millions have joined the movement, helping fund over 1,250 projects around the world. In addition to tackling key health issues faced by men, Movember is working to encourage men to stay healthy in all areas of their life, with a focus on men staying socially connected and becoming more open to discussing their health and significant moments in their lives. The charity’s vision is to have an everlasting impact on the face of men’s health. To donate or learn more, please visit [Movember.com](https://www.movember.com).

## **About Togetherall**

Established in 2007 as Big White Wall, Togetherall, is a leading online mental health service that provides millions of people throughout the UK, US, Canada and New Zealand access to a community and professional support, 24 hours a day, 365 days a year. In England, the service is registered with the Care Quality Commission (CQC) and is clinically proven to help those who are struggling with stress, isolation, anxiety, depression and other common mental health issues. Togetherall has supported over 300,000 members with their mental health since launch in partnership with organisations in the corporate, education, health and charity sectors as well as the British Armed Forces and NHS.

