



Mental health support for the UK Armed Forces & family members

Safe, anonymous, online community for mental health support



Get support



Community

We offer an anonymous community to share how you're feeling, listen and be heard.



Safety

We have registered mental health practitioners available 24/7 to keep the community safe.



Easy to Access

Free mental health support in minutes, there is no waiting list to access Togetherall.

Take control



Courses

Find courses specific to your concerns and learn techniques to manage your mental health.



Resources

Tools, self-assessments and articles that help you understand how you're feeling and track your progress.

Feel better



Most of us are good at hiding our feelings. This is the only place I have felt comfortable expressing myself.

Togetherall Member



16+

FREE to all members of the UK Armed Forces (regulars and reservists), veterans and family members.

For more details, please refer to our T&C's during registration.