



## **Free mental health support for all living in your area aged 16+**

### **What is Togetherall?**

Togetherall is a 24/7 community of ordinary people, moderated by clinical professionals, where people can get the mental health support they need.

### **What can people do on Togetherall?**

Togetherall offers a range of activities that allow you to work through what's troubling you:

#### **Community**

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

#### **Courses**

- Join our courses specific to your concerns and learn techniques to manage everything from depression and anxiety to improving your problem solving.

#### **Resources**

- Goal setting tools, self-assessments and articles that help you understand more about how you are feeling, set goals and track your progress.

### **How do I create an account?**

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

- Search [www.togetherall.com](http://www.togetherall.com)
- Select the 'Register' button on this page.
- Select 'my area is covered' where you will enter your postal code and complete a few basic questions.

We look forward to welcoming you to the community.

Register today:  
**[www.togetherall.com](http://www.togetherall.com)**