

Togetherall + the Okanagan Charter: Core pillars & mission alignment



The Okanagan Charter, an international charter for health promoting universities and colleges, calls on higher education institutions to embed mental health into all aspects of campus culture and to lead health promotion action and collaboration locally and globally. Togetherall, a clinically moderated digital mental health platform, aligns closely with the Charter's core pillars, helping institutions realize their vision for holistic and equitable wellbeing support.

A holistic approach is critical in higher ed student mental health. This means meeting students where they are on their mental health journey by providing an array of support options, ranging from preventive to intensive. Togetherall seamlessly integrates with other campus services, including clinical pathways for crisis care. The digital, peer-focused community's fluid place on the continuum of care reaches students who won't walk into a counseling center, while also filling gaps in 1:1 therapy. Holistic care is one of the central pillars Togetherall stands upon – just like the Okanagan Charter.

Read on to see how Togetherall closely aligns with the Charter's core calls-to-action.

PILLAR 1

Embed health into all aspects of campus culture, across the administration, operations, and academic mandates

Charter guidance:

- Integrate wellbeing into institutional values, structures, policies, and everyday practices.
- Promote environments that support mental, physical, social, and spiritual health.

Togetherall:

- Accessible anytime, anywhere: Togetherall provides students (and sometimes staff and faculty) with 24/7 access to a safe, online mental health community, removing barriers related to time, location, and stigma.
- Normalizing help-seeking: By offering a peer-based space with clinical oversight that complements traditional services, Togetherall helps normalize mental health conversations and integrates wellbeing into daily life.
- Cross-institutional engagement: Institutions can promote Togetherall across departments – from residence life to faculty development – embedding mental health support into the wider campus culture.



PILLAR 2 Lead health promotion action and collaboration, locally and globally

Charter guidance:

- Foster collaborations that promote health and sustainability within and beyond campus boundaries.
- Engage students, faculty, staff, and the broader community in co-creating health-promoting environments.

Togetherall:

- Community-driven support: Togetherall empowers members to support one another through anonymous, peer-to-peer interactions – an approach that builds agency and shared responsibility.
- Global network, local impact: As a platform used by institutions across the US, UK, Ireland, Canada, New Zealand, and Australia, Togetherall connects individuals through shared lived experiences, reflecting the Charter's call for both local relevance and global solidarity. These are also areas in which the Charter operates.
- Partnering for broader reach: Togetherall supports universities in extending mental health services to underserved or marginalized populations – reducing inequities and supporting institutional diversity and inclusion goals.

Additional alignment areas

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Togetherall serves as a practical and innovative resource that supports the aspirations of the Okanagan Charter. By complementing traditional services with a scalable, equitable, and student-centered model, Togetherall helps institutions create healthier campus cultures and lead the way in health promotion.

About Togetherall

To date, Togetherall is available to 4.5 million students worldwide at more than 450 colleges and universities. Togetherall is the leading clinically managed, peer-to-peer, online support community where students can share what's on their minds, anonymously, safely, and in-the-moment, 24/7/365.

Students can connect through shared lived experiences with a global network of peers, backed by the safeguarding of nearly 50 real, live, licensed clinicians overseeing the community around-the-clock. These clinicians empower individuals in peer support and foster and maintain a safe, vibrant environment.

If you are interested in offering safe and scalable ways to support your students' mental health, [contact us](#) to find out more about Togetherall's online community.

