

# Get support. Take control. Feel better.

If you're struggling to cope, you don't have to do it alone. Togetherall offers a safe, and anonymous community to connect from anywhere, at any time.

REGISTER TODAY

A free, online  
community for  
24/7 mental  
health support.



## HOW CAN WE HELP?



### Community

Share anonymously and get support from others like you. Accessible 24/7, our site is run by trained professionals.\*



### Courses

Find courses specific to your concerns. Learn how to manage your mental health and feel better.



### Resources

Access a variety of free articles, tests, and techniques to take control of your wellbeing.

## WHY USE TOGETHERALL?

- Members interact anonymously so you're free to share without fear.
- Togetherall's community is accessible and active 24/7.
- Access the platform by phone, computer, or tablet.
- 24/7 moderation ensures that the community remains safe and supportive.



*Togetherall gave me a place to feel safe, everyone was so supportive, it helped me through a difficult time.*



LEARN MORE

16+

Free to all 16–24 years old living in Angus Council, Dundee City Council and Perth and Kinross Council areas:

[togetherall.com](https://togetherall.com)

  
**togetherall**

\*We may share information we hold about you in circumstances of risk, where we may refer you to emergency services or to any health care professional or your commissioning institution to protect your welfare or the welfare of others.