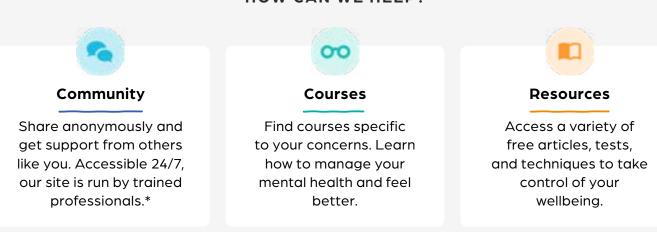
## Get support. Take control. Feel better.

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



## 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.

16+

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

## togetherall.com

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

A free, online community for

24/7 mental health support.





\*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.

## HOW CAN WE HELP?