togetherall



What is Togetherall?

Togetherall is an online support community where members can connect with others to understand what they're going through.

The community is anonymous and moderated by mental health professionals 24/7, ensuring everyone is safe and welcome, with no judgement and no stigma.

How can Togetherall help your community?

We all go through tough times and Togetherall is a place for anyone to get support with whatever they're going through.

Togetherall can benefit in the your community in following ways:

- It's available **online** for those who may have difficulties accessing face-to-face services
- It's **accessible 24/7** for those who work outside the typical 9 to 5, and may have difficulties accessing more traditional mental health support
- It's **anonymous** with **no referral needed**, allowing individuals who may not want to disclose their challenges easy access

What can people do on Togetherall?

- **Post** about their experiences in a community forum, comment on the posts of others or just gain comfort from reading the experiences of others
- Join smaller spaces called **"Groups"** dedicated to specific topics and identities
- Take **self-assessments** and **courses** to see where you're at and make progress towards your goals
- Read wellbeing **articles** to learn more about your physical and emotional health
- **Express themselves creatively** through art by creating a 'brick' — a drawing or doodle that is created and posted to the platform

Togetherall's clinical team helps keep the platform safe by:

- Monitoring the platform **24/7** to review, moderate and intervene if necessary
- Providing customized **local resources** to members if they need it
- Being available if a member needs **immediate assistance**

Signing up for Togetherall:

Togetherall is **free** for employees at your organization. Find out more at togetherall.com or reach out to your HR team for details on how to register.

80%
of Togetherall members sought support because they felt depressed or low

65%
felt less isolated after being on the platform.

88%
of members experienced improvement in their well-being after being on Togetheral

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*Data from 2022 Togetherall Survey