



An anonymous, safe, online, peer-to-peer mental health community and self-help support that is monitored by mental health practitioners 24/7.





Who are Togetherall?

A safe place to express yourself and support each other.

Togetherall, a digital mental health and wellbeing support service available online, **24/7/365**, on any device with an internet connection, giving the **population of Aberdeenshire Council (Aged 16+)** free access to **peer and professional support**.

Our team of **Mental Health professionals monitoring the platform** are based all around the world, ensuring we offer 24/7 safe support.

Our Community is **completely anonymous** so you can express yourself freely and openly.



Immediate Access



Available 24/7/365



Safe & Anonymous

A population approach to mental health



Partnering to support large groups in ways that are safe and scalable.

Educational Institutions:

- 170+ institutions, 2M students across the US, Canada, and the UK

Large Regions:

- The State of Delaware, the Province of Ontario, the Province of Alberta, and many others

Employers

Armed Forces/Veterans



Service Model – The Support Network



An anonymous and stigma-free environment. Members follow their own path towards better mental wellbeing.



Community

Interact with a supportive community where everyone's voice counts.



Courses

Learn from smart programs to understand, better cope and feel more confident.



Resources

Deepen your insight and learn new skills with our helpful resources.

- **Why peer-to-peer?** - Many people use social media sites that are unmoderated and potentially unsafe in search of mental health support



1 million+



2.5 million+

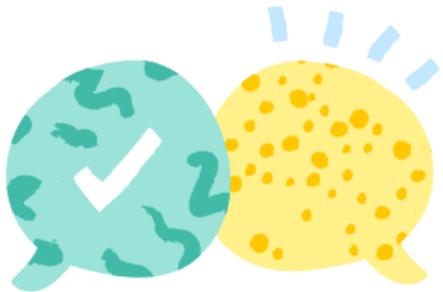


3 million+

Wall Guides



Wall Guides are trained Mental Health professionals and moderators of Togetherall who provide 24/7 online support.



- ✓ **Safety** - 24/7 service **moderation** and **facilitation**
- ✓ **Vibrancy** - **Encourage engagement** and **promote self-care** within the community
- ✓ Keep the community **safe** – house rules
- ✓ **Extra support for vulnerable or at-risk members**
- ✓ **Navigation** – can guide members to other sources of support in their local area



Community (Peer to Peer support)

Peer-to-peer support through our **anonymous** online community - Share your thoughts and join a **Talkabout** alongside fellow members to share and discuss what's on your mind, gain support and advice. Alternatively, make a **Brick** to express yourself and your feelings creatively through drawing or by uploading your own images.

A safe space, where people provide peer-to-peer emotional support, help and guidance

[All](#) [My posts](#) [Groups](#) [Starred](#)

Categories ▾ Type of post: Bricks ▾ [Create Talkabout or Brick](#)

POPULAR

- Anxiety
- Depression
- General Chat
- Recovery
- Relationships

[Show Less](#)

MORE CATEGORIES

- Abuse
- Addiction
- Anger
- Autistic Spectrum Disorders
- Disability
- Eating
- Gender / Sexuality
- Happiness
- Illness
- Loneliness
- Money Management



A good day

TheFiresGone · 2 comments · Created 4 months ago · Last updated 4 months ago
General Chat



Today my focus is self care.

GoldenBee123 · 1 comment · Created 4 months ago · Last updated 4 months ago
Anxiety



Lockdown Blues

KoalaBell · 5 comments · Created 12 hours ago · Last updated 32 minutes ago
Relationships, Anxiety



Food and weight

KoalaBell · 4 comments · Created 12 hours ago · Last updated 33 minutes ago
General Chat



Overwhelmed

Fifi18 · 2 comments · Created 9 hours ago · Last updated 36 minutes ago
Anxiety

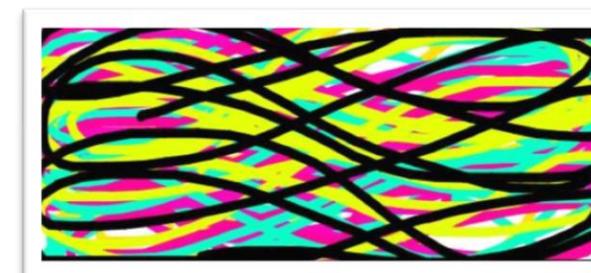


Depression affecting other people

djo32 · 4 comments · Created 13 hours ago · Last updated 39 minutes ago
Depression, Anger



struggling with relationship



Lockdown Blues

KoalaBell · 5 comments · Created 12 hours ago · Last updated 32 minutes ago
Relationships, Anxiety



Courses & Resources

Join our **Self-guided support courses** covering topics such as anxiety, sleep, and depression to problem solving and Assertiveness training.

Courses are broken down into 3 main categories:

- Mental Health & Wellbeing
- Healthy Lifestyle
- Self-Development



Coping With Grief & Loss
A short course which offers you a reflective space to help cope with grief and loss



Balance Your Thinking
A course which will help you acknowledge and challenge unhelpful thinking



Cut Down Your Drinking
A step by step guide on how to reduce your drinking and improve your overall wellness



Stop Procrastinating
A course that provides you with techniques and strategies to stop procrastinating and increase productivity

Our series of **articles** are designed to help you understand more about some of the issues you may be facing, move forward and learn skills to help improve your wellbeing.

The Resources area contains over 200 articles on various topics, such as relationships, work and study, health and lifestyle

A grid of article cards. Each card has a header, a title, a short description, and a category with a right-pointing arrow.

- MOVE FORWARD** (Image: Close-up of a face) **The way to mindfulness**
Stepping back from the noise in our heads and learning to be more present can lessen distressing thoughts and feelings and boost our functioning and coping powers. Here's...
- UNDERSTAND MORE** (Image: Thick rope) **The sure way to emotional...**
Be they jealousy, joy, anger or excitement, our feelings lead the way. Enjoy better relationships and greater success by learning how to become more emotionally...
- MOVE FORWARD** (Image: Tree with a support) **The sober response**
It's not easy to support someone who's got a drinking problem. The first step is to find a way to talk to them about it.
- LEARN SKILLS** (Image: Monkeys) **The pleasure principal**
One way to help revitalise tired or flagging relationships is what psychologists call reciprocal reinforcement. We show you how.
Anger, Relationships →
- LEARN SKILLS** (Image: Stones on a path) **The art of seeing**
Mindfulness meditation calms the mind, helping us reconnect with ourselves and our lives. Try meditating on an object and see the world anew.
Relaxation / Mindfulness →
- LEARN SKILLS** (Image: River) **Tension buster**
Dealing with a stressful situation? Try these tension busters to help you get through.
Anger, Relaxation / Mindfulness, Stress →



Self-Assessments

Take **self-assessments** to help you understand more about yourself.

These short questionnaires offer a way to capture how you are feeling and gauge your development over time

 **General distress**
Lots of us have experienced times when we are worried or distressed without knowing the reason why, or we're worried about others. Take this test to understand more.

 **Sleeping**
Many of us have poor sleep at times and we can sometimes suffer from more troubling lack of sleep. This test can indicate whether stress or anxiety may be impacting your sleep.

 **Loss or trauma**
Loss and trauma can impact on all of our lives in unexpected ways. This test will help you and us understand the impact that a loss or trauma may have had on you.

Over the last 2 weeks, how often have you been bothered by any of the following problems?

I have difficulty falling asleep

True
 False

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Thoughts are racing through my mind and this prevents me from getting to sleep

True
 False

Wellbeing





Care Quality Commission Rated

WHAT IS IT?

CQC make sure health and social care services provide people **with safe, effective, compassionate, high-quality care** and they encourage care services to improve.

- They **register** care providers
- They **monitor**, inspect & rate services
- They take action to **protect** people
- They provide an **independent, impartial voice** on health & social care

Inspected and rated

Good



WHY ARE TOGETHERALL REGISTERED & RATED?

We take **clinical governance** very seriously. As part of our commitment to demonstrate this, we decided to register with the CQC, under **Community Mental Health Services**, which complies with the **Mental Capacity Act 2005**.

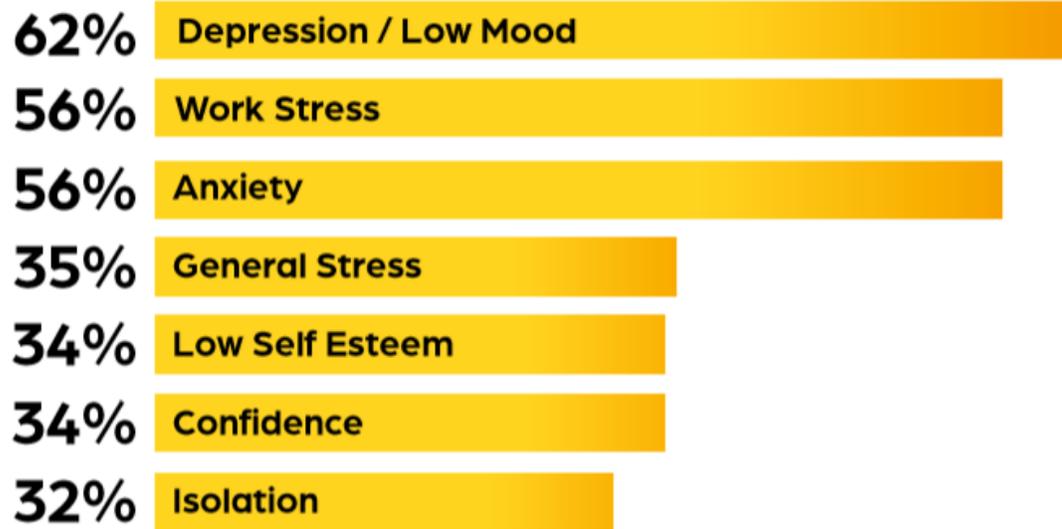
To achieve our good rating, we went through:

- A 6 month application, investigation and approval process
- Development of policies, procedures and protocols
- An audit carried out by an independent team of inspectors which included a site inspection and interview of senior stakeholders of Togetherall



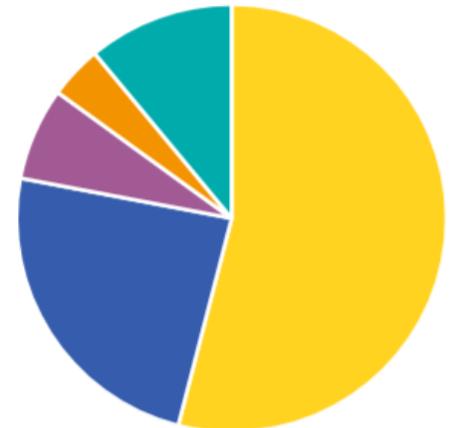
How our members engage & what they say...

What were the main issues/feelings that led you to seek support on Togetherall?



• Members who shared a personal story most frequently identified 'anonymity' as helping them feel comfortable in sharing

What helped you feel comfortable to share?



- 54% Anonymity
- 24% Others experiencing the same
- 7% Presence of Wall Guides
- 4% Trust in the community
- 11% I am comfortable sharing anyway

• Half of the respondents had 'not used any other support at work' outside of Togetherall

Nearly 50% of members say immediate access and anonymity are key features that influenced their decision to join.



What our Members say....

"GETTING SUPPORT FROM THE
COMMUNITY AND WALL GUIDES
HELPS ME UNDERSTAND I'M NOT THE
ONLY ONE"

"I'm more aware of how
my mental state
changes over time" *

**"Anonymity is important on
Togetherall because it allows us
the freedom to talk about
difficult subjects."**

Togetherall member

**"On good days I can support others.
On bad days, when I need
supporting, I can find information, I
can try to understand depression,
what I'm suffering from and how to
deal with it."**

Togetherall member

Example Brick:



**"Togetherall helps to relieve my isolation
by allowing me to connect with people in
a safe and anonymous way. It's good to
know that other people understand how
it feels to not be coping"**

Togetherall member



togetherall

**Register today
for FREE**

**Visit togetherall.com for
mental health support.**

Online Community. Confidential. 24/7.

For more details, please refer to our T&C's during registration.