

Get support. Take control. Feel better.

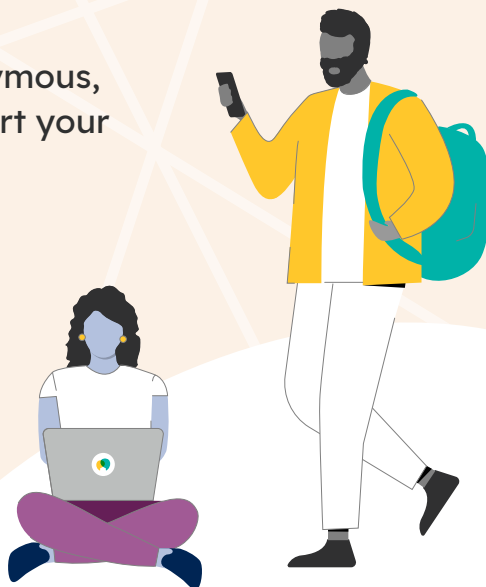
Maybe you are feeling
overwhelmed, struggling socially,
or just not feeling like yourself?

Togetherall is a safe, anonymous,
online community to support your
mental health.

FREE to all aged 16-24 in
Angus Council, Dundee
City Council and Perth and
Kinross Council areas.



SCAN TO JOIN FOR
FREE TODAY



“

I found it almost impossible to discuss my mental health with my parents and I was a bit frightened of disclosing it to my friends. Being able to talk online to other people about how I was feeling was really useful.

Otherwise, I would have kept it all bottled up

”

Togetherall offers:



Community

We offer an anonymous community to share how you're feeling, listen and be heard.



Courses

Find courses specific to your concerns and learn techniques to manage your mental health.



Resources

Tools, self-assessments and articles that help you understand how you're feeling and track your progress.

16+

Free mental health support in minutes, there is no waiting list to access Togetherall.

Sign up today

togetherall.com

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

