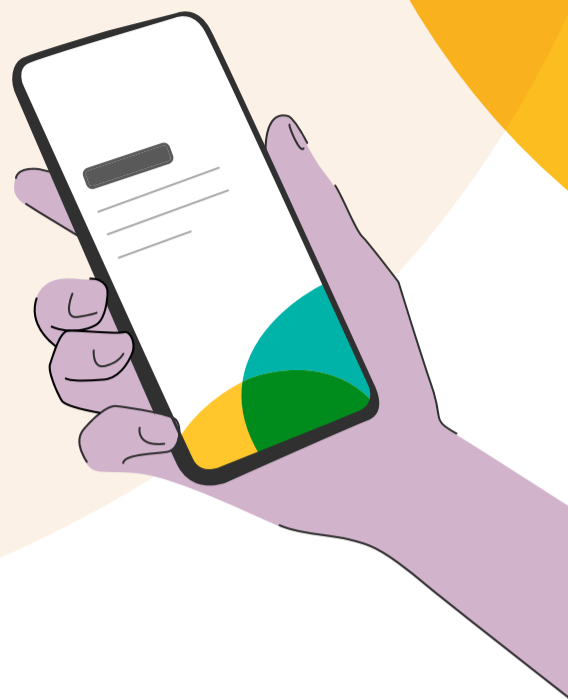


Join Togetherall Today

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.



Get support



Community

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



Safety

We have registered mental health practitioners available 24/7 to keep the community safe.



Easy to Access

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

Take control



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.

Feel better



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 Member

16+

FREE to all aged 16-25 in South Ayrshire

