



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.

Founded in 2007, **Togetherall** is a digital mental health and wellbeing support service which is available **online, 24/7/365**, on any device with an internet connection

Togetherall provides access to a **supportive community** who help & support each other, as well as access to a range of **courses** and **resources** to help you work through what may be troubling you.

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+

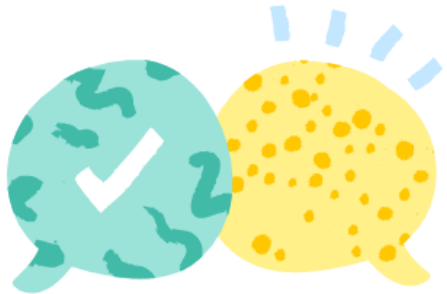


3 million+

# 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



# 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 to Register



## Welcome to our community

During these uncertain times you don't need to struggle on your own.



Our peer-to-peer platform is a safe place to connect with others experiencing similar feelings, plus there are trained professionals on hand, 24/7. We ensure all members are anonymous to each other within the community.



And, if sharing isn't your thing, we have tools and courses to help you look after yourself, along with plenty of resources to explore.

Give it a try....Get support. Take control. Feel better

Please type your postal/zip code

[Back](#)[Submit](#)

# Togetherall Professional Referral



## Assign Licence

### Access details

Commissioning Body	A Commissioning Body
Access to	Support Network
PII Region	Europe
Access length (days)	182
Live Therapy Tokens	0

Reference

Notes

Email address

Phone

Assign Licence

Once set up, visit [www.togetherall.com](http://www.togetherall.com) & enter your Togetherall professional account username and password

Complete the required details:


- ❖ **Reference:** Anything for your reference
- ❖ **Notes:** Populate with any relevant information that maybe useful for your personal records.
- ❖ **Email Address:** This is the email address that you would like the prescription email to be sent to (\*required field)
- ❖ **Phone:** (\*not required field)


After you have prescribed Support Network, the patient will automatically receive an email inviting them to join Togetherall. Their access is valid for a period of 6 months.



# Togetherall Professional Referral





 [Dashboard](#) [Commissioning Bodies](#) [Members](#) [Pro Users](#) [Practitioners](#) [Prescriptions](#)



 acvt189


[My prescriptions](#) [All prescriptions](#)




[General search](#) [Search by reference](#)

### My Prescriptions

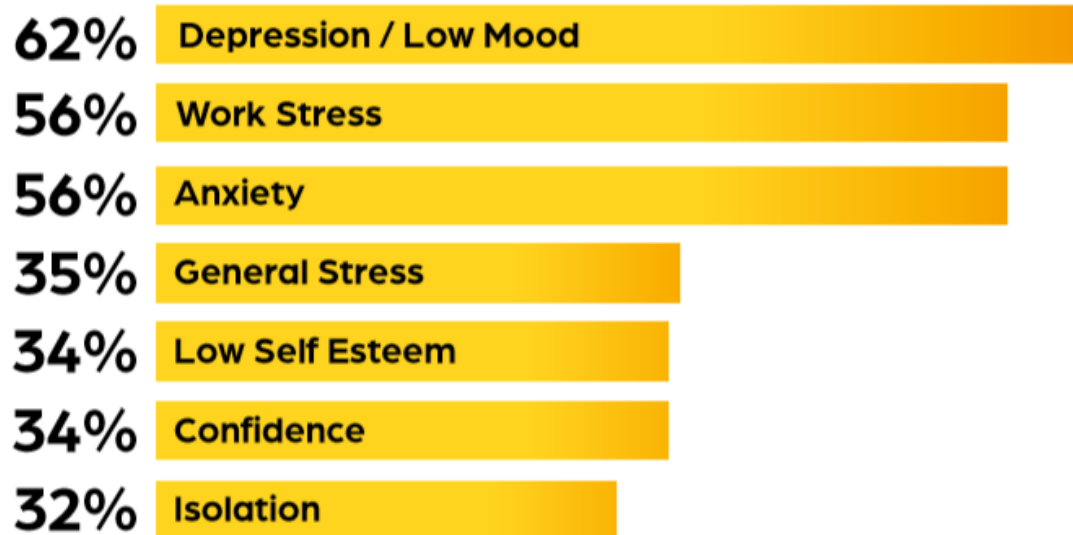
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Sorry, no matching records found						

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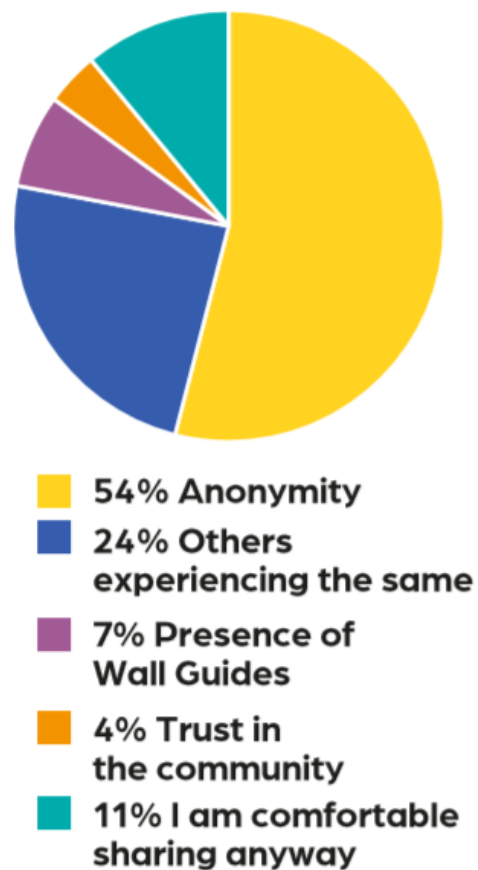
# How our members engage & what they say...

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?



- 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](https://togetherall.com) for  
mental health support.**

**Online Community. Confidential. 24/7.**

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