

# IFIT'S ON YOUR MIND IT'S ON TOGETHERALL

Anonymous online peer support community here to listen and give your mental wellbeing a boost, 24/7, 365.

FREE to all students.

PRESS PLAY







#### TOGETHERALL OFFERS:



## Supportive Community

Connect and share in a safe, anonymous space with others who understand.



### Wellbeing Tools

Benefit from self assessments and courses to help you understand how you're feeling.



## Immediate Access

Whatever's on your mind, you can access Togetherall in minutes, 24/7.

## NO PRESSURE

Share what's on your mind, take comfort reading the thoughts of others or browse the resources available – you're in control.

#### **NO JUDGEMENT**

The Togetherall community is anonymous and moderated by mental health professionals 24/7.

Everyone is safe and welcome here.

On signing on to Togetherall for the first time, all of a sudden I had a community of people who understood me...

I wasn't alone anymore.

Anonymous Togetherall member





