




## Supporting the anxiety (intervention)

Supporting approach <b>'Togetherall'</b>	Making it successful	Resources
 <p>Togetherall is one of the Community Mental Health and Wellbeing Services. Togetherall is an online wellbeing and mental health service.</p> <p>Togetherall is available for any young person in Falkirk <u>aged 16-24 (26 if care experienced)</u>.</p> <p>Togetherall provides anonymous and free online support in a safe community environment, alongside courses and resources. Members can connect with peers who are experiencing similar thoughts and feelings, and keep track of their own thoughts and feelings in an online journal. The service is clinically managed and professionally moderated 24 hours a day by a team of registered mental health practitioners called Wall Guides. Members of Togetherall can also start a conversation at any time with a Wall Guide for further support.</p> <p>To register, please see the register link document attached or visit <a href="#">Register with postal/zip code   Account   Togetherall</a>. Individuals will be asked to enter their postcode and follow the simple registration process that requires no name, address, or mobile number. Upon account activation, members will be presented with a short questionnaire that asks for details about their current mental health to help personalise their experience on Togetherall and help Togetherall identify high-risk cases.</p> <p>The aim of Services such as these is to help to 'normalise' and reduce the stigma of requiring mental health support, to enhance the availability and accessibility of self-help approaches and assist early and effective intervention.</p>	<p>Recommend to young people at any and all stages of intervention.</p> <p>Have information available within the environment and other means of communication to build awareness and empower young people to use.</p> <p>The service is available 24/7 so provides support evenings and weekends when children may need to access.</p> <p>Familiarise yourself with information on Togetherall to explain it to young people.</p>	<p>Video about <a href="#">Togetherall</a></p> <p><a href="#">Togetherall poster</a></p> <p><a href="#">Togetherall leaflet</a></p> <p><a href="#">Togetherall register link</a></p> <p>Keep up to date about Community Mental Health and Wellbeing Services</p> <p><a href="#">Falkirk Community Mental Health and Wellbeing (glowscotland.org.uk)</a></p>