



togetherall

Get support. Take control. Feel better.

What is Togetherall?

Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing.

What is this service for?

This peer-to-peer platform is for individuals aged 16-24. It is a space to connect with others experiencing similar feelings, plus there are trained professionals on hand, 24/7. If you do not feel comfortable sharing online then there are also tools and courses to help you look after yourself, along with plenty of resources to explore.

How to access

You can register for Togetherall via the following link - **<https://account.v2.togetherall.com/register>**. Once you arrive at this page please click the 'My area is registered' tab and put in your home postcode. This will give you access to all of the Togetherall resources

if you are interested in a drop in session about Togetherall, please email cmhwb@renfrewshire.gov.uk

