



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.

**Togetherall**, a digital mental health and wellbeing support service available online, **24/7/365**, on any device with an internet connection, giving the **population of Aberdeenshire Council (Aged 16+)** free access to **peer and professional support**.

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+

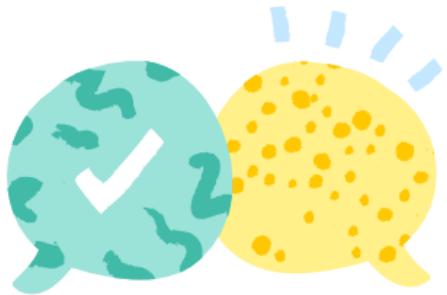


3 million+

# 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



# Community (Peer to Peer support)

Peer-to-peer support through our **anonymous** online community - Share your thoughts and join a **Talkabout** alongside fellow members to share and discuss what's on your mind, gain support and advice. Alternatively, make a **Brick** to express yourself and your feelings creatively through drawing or by uploading your own images.

A safe space, where people provide peer-to-peer emotional support, help and guidance

[All](#) [My posts](#) [Groups](#) [Starred](#)

Categories ▾ Type of post: Bricks ▾ [Create Talkabout or Brick](#)

POPULAR

- Anxiety
- Depression
- General Chat
- Recovery
- Relationships


[Show Less](#)

MORE CATEGORIES

- Abuse
- Addiction
- Anger
- Autistic Spectrum Disorders
- Disability
- Eating
- Gender / Sexuality
- Happiness
- Illness
- Loneliness
- Money Management

Anxiety, Depression, General Chat

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 **Lockdown Blues**  
KoalaBell • 5 comments • Created 12 hours ago • Last updated 32 minutes ago  
Relationships, Anxiety



## A good day

TheFiresGone • 2 comments • Created 4 months ago • Last updated 4 months ago  
General Chat



## Today my focus is self care.

GoldenBee123 • 1 comment • Created 4 months ago • Last updated 4 months ago  
Anxiety



## Lockdown Blues

KoalaBell • 5 comments • Created 12 hours ago • Last updated 32 minutes ago  
Relationships, Anxiety



## Food and weight

KoalaBell • 4 comments • Created 12 hours ago • Last updated 33 minutes ago  
General Chat



## Overwhelmed

Fifi18 • 2 comments • Created 9 hours ago • Last updated 36 minutes ago  
Anxiety

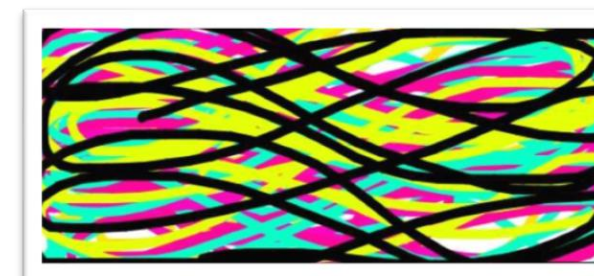


## Depression affecting other people

djo32 • 4 comments • Created 13 hours ago • Last updated 39 minutes ago  
Depression, Anger



## struggling with relationship







# Courses & Resources

Join our **Self-guided support courses** covering topics such as anxiety, sleep, and depression to problem solving and Assertiveness training.

Courses are broken down into 3 main categories:

- Mental Health & Wellbeing
- Healthy Lifestyle
- Self-Development



**Coping With Grief & Loss**  
 A short course which offers you a reflective space to help cope with grief and loss



### Balance Your Thinking

A course which will help you acknowledge and challenge unhelpful thinking



### Cut Down Your Drinking

A step by step guide on how to reduce your drinking and improve your overall wellness



### Stop Procrastinating

A course that provides you with techniques and strategies to stop procrastinating and increase productivity

Our series of **articles** are designed to help you understand more about some of the issues you may be facing, move forward and learn skills to help improve your wellbeing.

The Resources area contains over 200 articles on various topics, such as relationships, work and study, health and lifestyle

**MOVE FORWARD**

**The way to mindfulness**  
Stepping back from the noise in our heads and learning to be more present can lessen distressing thoughts and feelings and boost our functioning and coping powers. Here's...

**UNDERSTAND MORE**

**The sure way to emotional...**  
Be they jealousy, joy, anger or excitement, our feelings lead the way. Enjoy better relationships and greater success by learning how to become more emotionally...

**MOVE FORWARD**

**The sober response**  
It's not easy to support someone who's got a drinking problem. The first step is to find a way to talk to them about it.

**LEARN SKILLS**

**The pleasure principal**  
One way to help revitalise tired or flagging relationships is what psychologists call reciprocal reinforcement. We show you how.

Anger, Relationships →

**LEARN SKILLS**

**The art of seeing**  
Mindfulness meditation calms the mind, helping us reconnect with ourselves and our lives. Try meditating on an object and see the world anew.

Relaxation / Mindfulness →

**LEARN SKILLS**

**Tension buster**  
Dealing with a stressful situation? Try these tension busters to help you get through.


Anger, Relaxation / Mindfulness, Stress →





# Self-Assessments

Take **self-assessments** to help you understand more about yourself.

These short questionnaires offer a way to capture how you are feeling and gauge your development over time

 **General distress**  
Lots of us have experienced times when we are worried or distressed without knowing the reason why, or we're worried about others. Take this test to understand more.

 **Sleeping**  
Many of us have poor sleep at times and we can sometimes suffer from more troubling lack of sleep. This test can indicate whether stress or anxiety may be impacting your sleep.

 **Loss or trauma**  
Loss and trauma can impact on all of our lives in unexpected ways. This test will help you and us understand the impact that a loss or trauma may have had on you.

Over the last 2 weeks, how often have you been bothered by any of the following problems?

I have difficulty falling asleep

True  
 False

Over the last 2 weeks, how often have you been bothered by any of the following problems?

Thoughts are racing through my mind and this prevents me from getting to sleep

True  
 False

## Wellbeing







# 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

# Referral Pathway



[www.togetherall.com](http://www.togetherall.com)

**Self-referral** to Togetherall is the encouraged referral route for access to the Support Network.

**Post codes are used as a determinate of access.**

There are a few different ways you can join

I have an invitation code

Free for employees if your company has subscribed



My area is registered

Free in many locations via healthcare providers, and local councils



I'm from a university or college

Free for eligible students and staff at University or College



I am part of the UK Armed Forces community

Free for UK serving personnel, veterans, and their families



Would you like to register your company?

Get in touch with us to see how Togetherall can help your workplace's mental health



SCAN TO JOIN FOR FREE TODAY

# 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

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:

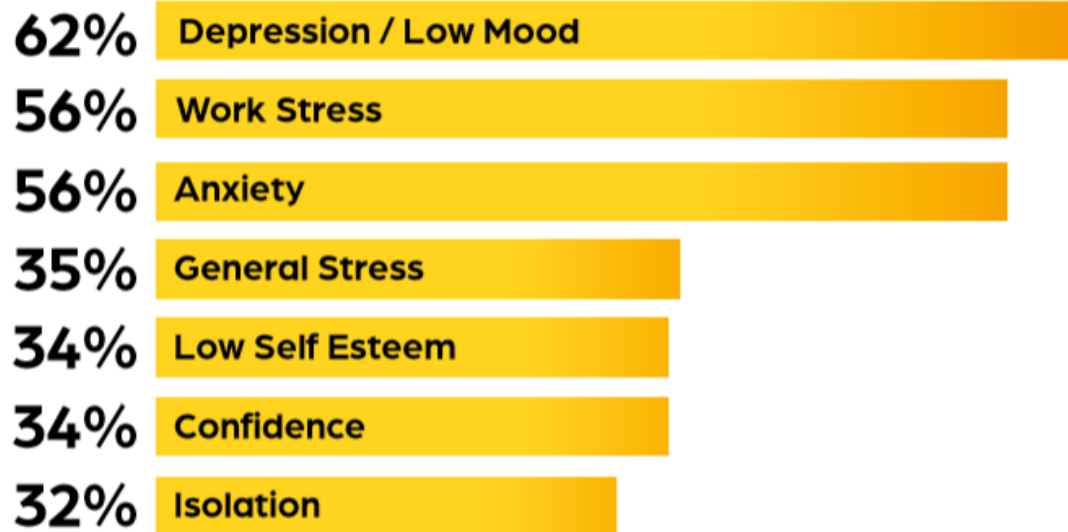
- ❖ **Reference:** Could be an internal identifier
- ❖ **Notes:** Populate with any relevant information that maybe useful for your personal records.
- ❖ **Email Address:** This is the email address that you would like the prescription email to be sent to (\*required field)
- ❖ **Phone:** (\*not required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



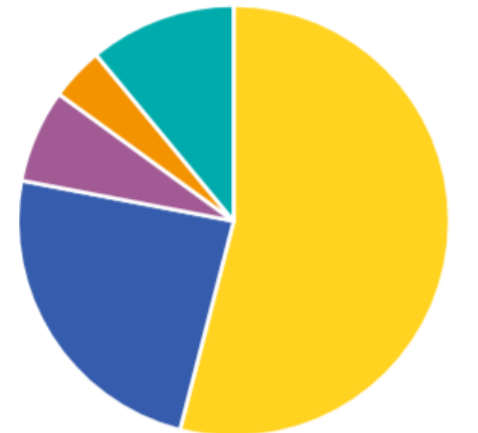
# How our members engage & what they say...

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?



- 54% Anonymity
- 24% Others experiencing the same
- 7% Presence of Wall Guides
- 4% Trust in the community
- 11% I am comfortable sharing anyway

• 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.