



Togetherall connects you to a free, anonymous online community that's moderated by mental health professionals and is available 24/7.

It is a safe space with real people who understand. Express what you're going through or read through the thoughts of others who are facing similar things in life and start to feel better.

[Togetherall Overview Video](#)

Joining Togetherall is Free and Easy

1. [Register](#) with a few basic details. You'll receive an email to verify your account.
2. **Activate** by clicking the button in your verification email.
3. **Participate**. Start with a few questions about yourself and a virtual tour.

Togetherall includes wellbeing tools. Enroll to access these topics and more:

- Improve sleep
- Manage social anxiety
- Stop procrastinating
- Healthier drinking habits
- Balance thinking
- Manage emotions

Find courses specific to your concerns and learn how to manage your mental health such as journaling tools, goal setting tools, self-assessments. Learn how to understand what you're feeling and track your progress through tools, self-assessments and articles.