

Togetherall – a new mental health and wellbeing support for young people



**Register today
for FREE**

**Visit [togetherall.com](https://www.togetherall.com) for
mental health support.**

Online Community. Confidential. 24/7.

The three Tayside local authorities, including Dundee City Council, have worked together to help establish safe, anonymous online support 24 hours a day, 7 days a week.

Called Togetherall, it is for young people aged 16 to 24 across Tayside and is a supportive virtual community.

It is estimated that 1 in 4 people will suffer with mental health problems at some point in their lives. Talking about mental health, or just feeling overwhelmed by everyday worries and concerns, can be difficult, especially for young people.

Trained professionals are available 24/7 through Togetherall, which offers a choice of safe therapeutic services, including online self-help courses. This means anyone who may be struggling with mental health, distress or anxiety can get support at a time that suits them. Togetherall has already helped over 200,000 people around the UK and has very positive reviews from current users.

Togetherall is now available free for all 16-24 year olds living in Dundee, simply by visiting www.togetherall.com, click 'Register' and 'My area is registered', and then enter your postcode to gain access.

When someone joins Togetherall as a new user, they create a username that does not identify them in any way, and the service is completely anonymous.