



togetherall
USER GUIDE

Togetherall is a digital mental health and wellbeing support service which is available online, 24/7. Our Community is completely anonymous so you can express yourself freely and openly.

Professionally trained Wall Guides monitor the community to ensure the safety and anonymity of all members.



Immediate Access



Available 24/7



Safe & Anonymous

Togetherall offers a range of activities that allow you to work through what's troubling you.



**Peer-to-peer support
through our
anonymous online
community**



**Courses and
resources for
self-management**



**All monitored
24/7 by Wall Guides**

Share your thoughts and join a Talkabout alongside fellow members to share and discuss what's on your mind, gain support and advice. You can do this with the whole community or form your own groups or one-to-one chats.

Alternatively, make a Brick to express yourself and your feelings creatively through drawing or by uploading your own images.

In addition to Togetherall's online community, you will have access to a wealth of useful resources.

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

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

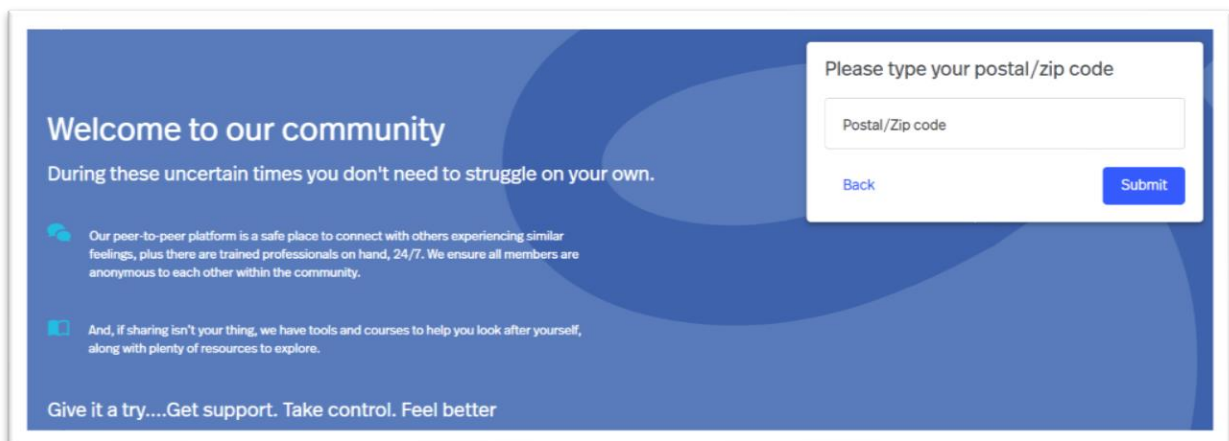
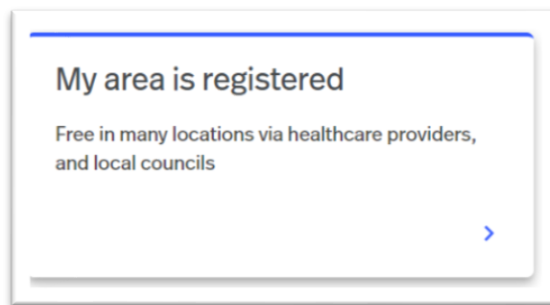
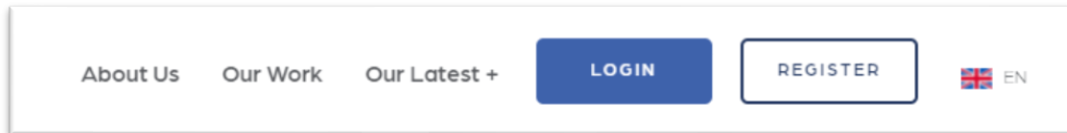
Find a library of information within Resources which can help you understand more about yourself, how you are feeling, set goals and track your progress.



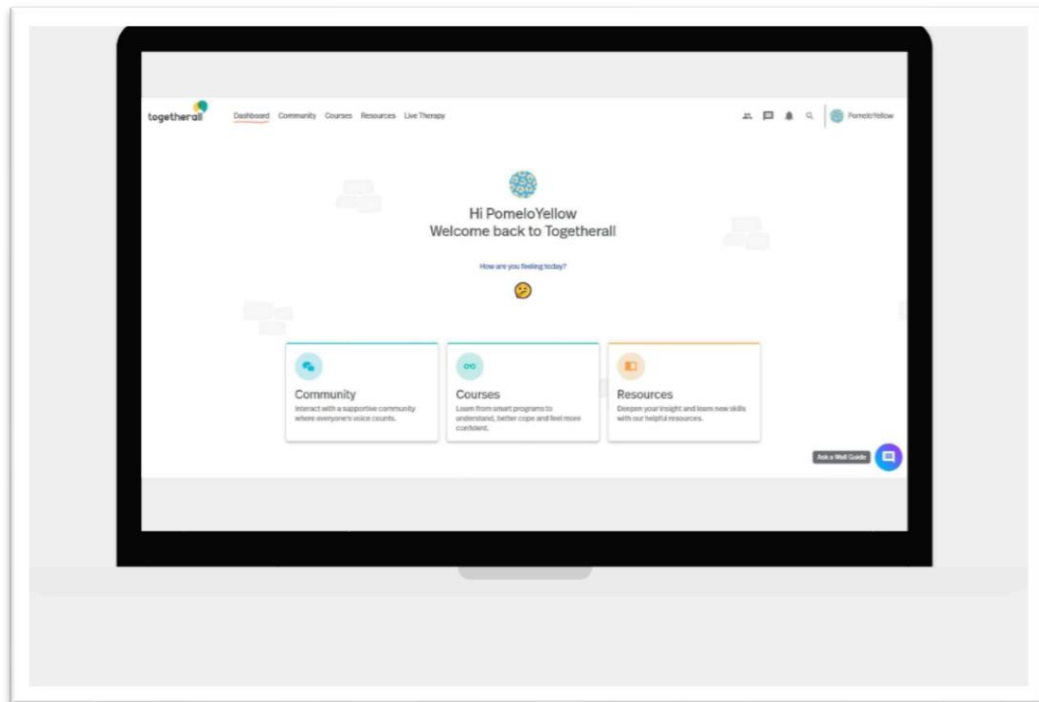
To join Togetherall's supportive online community, simply visit Togetherall's website and 'Register' with your postal code.

You can then choose an anonymous username and access the Togetherall Support Network for free.

www.togetherall.com

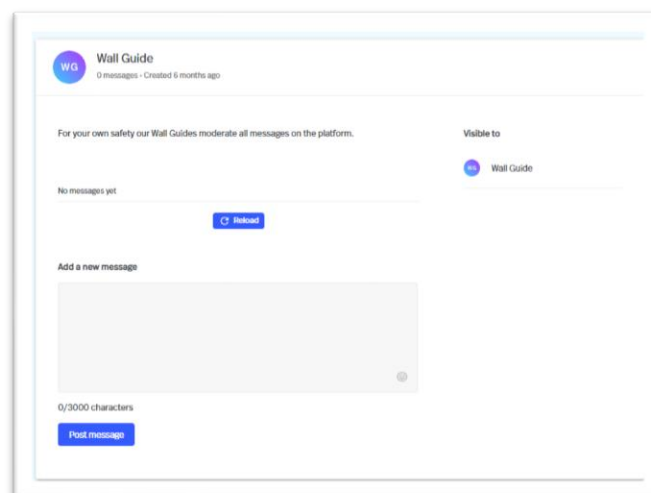
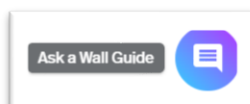


Once you have created your account, you will be directed to your dashboard:

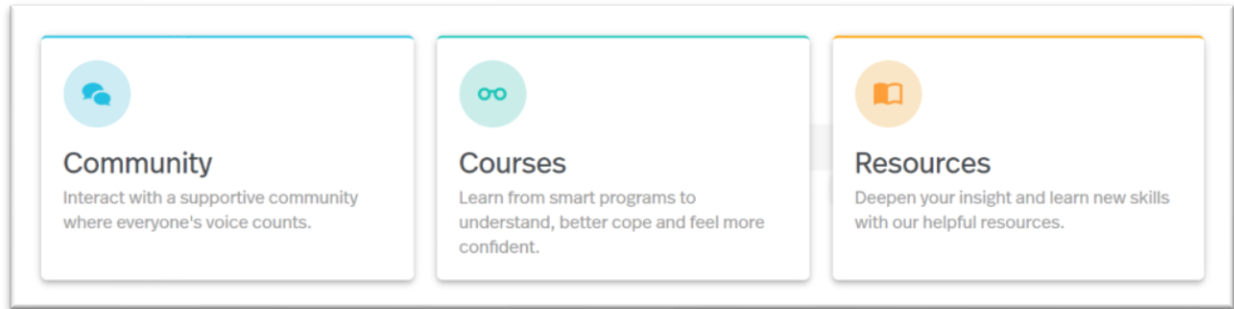


In the bottom right hand corner, you will find the “Ask a Wall Guide” button.

Wall Guides are trained Mental Health professionals and moderators of Togetherall who provide 24/7 online support and welcome new members. When you click on the button, you will be taken to the page shown below and the Wall Guides will answer anytime, day or night.



On your homepage, you will see all the services that are available to you.

A horizontal row of three white rectangular cards with thin borders. Each card has a circular icon at the top left, a title in bold, and a short descriptive paragraph below. The first card is titled 'Community' with a teal speech bubble icon and text: 'Interact with a supportive community where everyone's voice counts.' The second card is titled 'Courses' with a teal infinity symbol icon and text: 'Learn from smart programs to understand, better cope and feel more confident.' The third card is titled 'Resources' with an orange book icon and text: 'Deepen your insight and learn new skills with our helpful resources.'

Community
Interact with a supportive community where everyone's voice counts.

Courses
Learn from smart programs to understand, better cope and feel more confident.

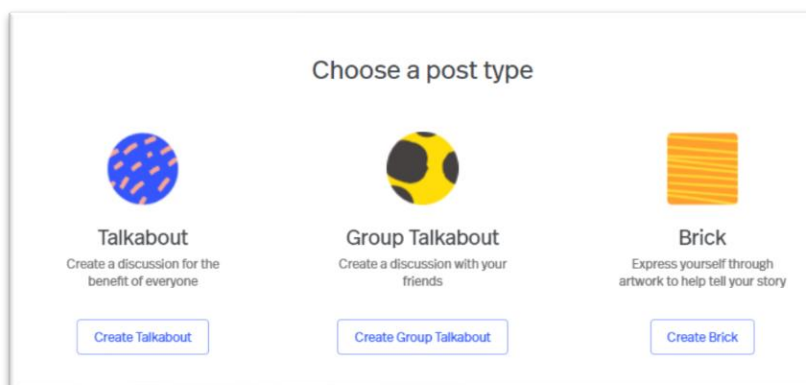
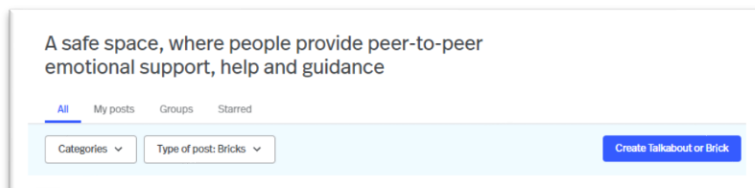
Resources
Deepen your insight and learn new skills with our helpful resources.

Community

Community is a place where you can share any issues and concerns with members who may be experiencing the same thing as you.

People use talkabouts to get things off their chest, to ask for support and also to support others.

You can view and join an existing conversation by clicking on “Community” and browsing through ongoing talkabouts. Or click on the “Create Talkabout or Brick” button and start your own conversation.

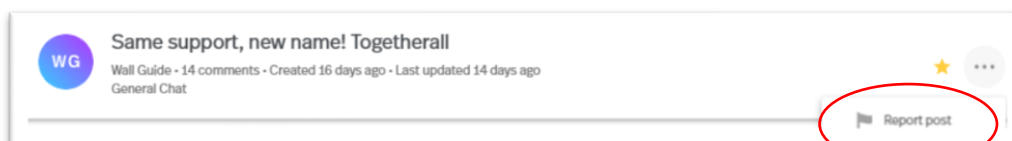


There are a few different types of available talkabouts. The first and most commonly used are community talkabouts where anybody can comment, read and type anything. These discussions are viewable by all members of the Togetherall Community.

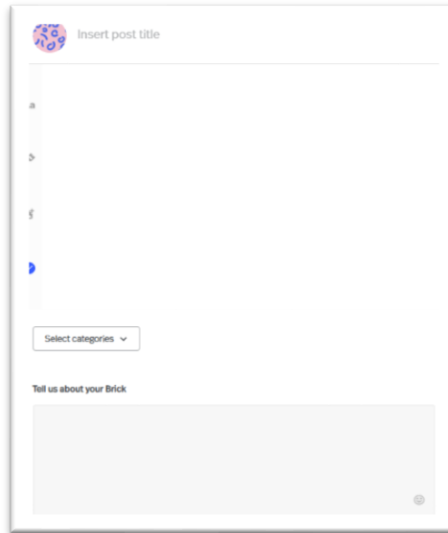
A Group talkabout is a discussion which can be seen by and posted on by invited members only.

A Personal talkabout is a discussion between two members which cannot be seen by other members.

There is a “report” button next to every post or comment – if you click on it, the specific talkabout will be automatically flagged to a Wall Guide who will be alerted and will investigate it and respond as necessary.

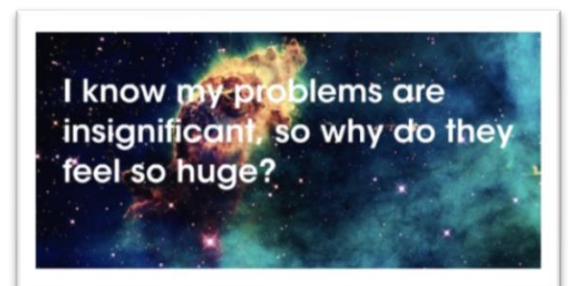
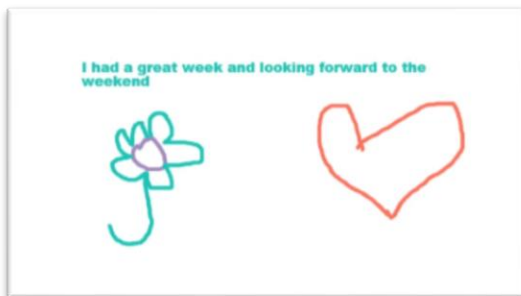
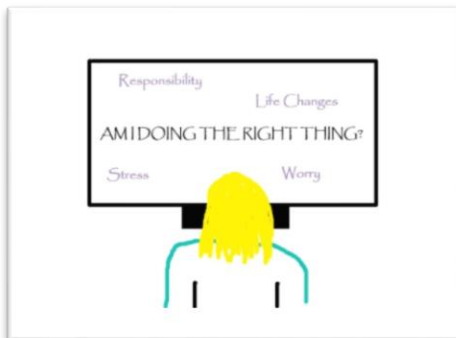
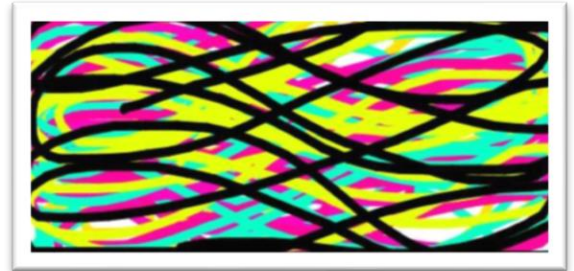
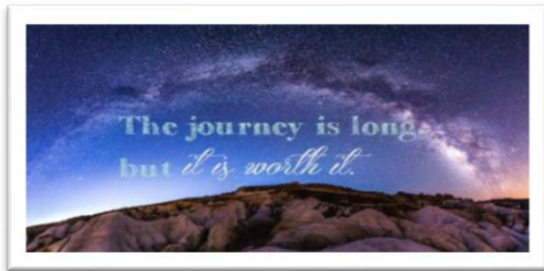


Bricks are where you can creatively express your feelings and emotions using images or pictures. You can add drawing, text effects, categories (such as Anxiety, relationships etc) and a story to your brick. A Brick Story is where members have the option of adding extra context to their post so that other members can contribute and offer support.



Once you have finished, click on “Post” to add your brick and share with others in the community.

Example of Bricks



Courses

A library of self-guided support courses on a variety of topics to help you feel more in control of your emotional health and offers all members the opportunity to learn and develop skills, as well as to understand your feelings and experiences.

Togetherall Self-Guided Support Courses are broken down into 3 main categories:

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

What are the courses?

Togetherall's online programmes are evidence-based courses. These courses are designed to help people manage a variety of mental health difficulties and improve their health and wellbeing at a pace that suits them.

There are also courses available which support members with their self-development, such as assertiveness training and managing procrastination.

How do people use courses?

Courses are available to all members of Togetherall. Members can join a course anytime and can take as many courses as they like (although it's recommended to do one at a time).

Within each course there are a variety of tools available which help members get the most out of each course.

- **Course Talk-about** – A community space within each course where group members can support one another, exchange hints and tips and discuss topics relevant to the course
- **Printable worksheets** – A selection of templates members can use to self-monitor and complete homework tasks
- **Goal-Setter** – A tool members can use to create, save and review goals
- **Journal** – A private space which allows time for reflection



Below are just a few of the courses available online today:

Mental Health & Wellbeing Courses

Managing Depression

This course shows ways to manage the negative thoughts, feelings and behaviours that feed depression. It includes activity scheduling, thought challenging, lifestyle tips and other skills that are evidenced-based to help members manage their mood. A Behavioural Activation Diary is available so that members can manage their mood through increased activity.

Managing Health Anxiety (new)

This course is designed to support those who suffer from persistent worries and concerns about their health. Within this course, members will learn to challenge unhelpful thoughts and use behavioural strategies such as Exposure Response Prevention to make health worries more reasonable and manageable.

Managing Stress & Worry (new)

Split into two sections, this course supports members to utilise a range of evidence-based techniques and strategies to manage high stress levels and chronic worrying. This includes Mindfulness & relaxation techniques, time management skills, sleep hygiene, problem-solving and the Worry Time technique.

Managing Phobias (new)

In this course, members will learn how to face their fears so they can live less fuller lives. Members learn the psycho-education behind what keeps a phobia going and a variety of techniques are available so that members can work towards managing fears and phobias. In addition to learning how to manage avoidant and distorted thinking, members will use a Graded Exposure Treatment programme so that they can face their fear one step at a time.

Healthy Lifestyle Courses

Quit Smoking

If someone wants to quit smoking but hasn't been able to do so on their own, this course is designed to support them to quit. It will provide participants with new knowledge and skills to help them kick the habit and get better control of their health. It uses evidence-based techniques to focus participants on their reasons for quitting. Members can self-monitor by using the Smoking Diary and form a plan for the future so that they to maintain their progress and cope with potential setbacks.

Cut Down Your Drinking

This course is designed to help participants to cut back on how much they drink or abstain altogether from alcohol. The content within this course is based on the most current evidence supporting an at-home alcohol reduction programme and reflects education and supportive care components found in NICE Guideline CG115, regarding the management of harmful drinking.

Self-development Courses

Problem-Solving

It can be hard to cope with problems, especially when feeling anxious or down. But if people want to fix or change something in their life, or increase their coping skills, it helps to have a structured way of working through problems. This course provides a structured approach to problem-solving. This involves identifying a problem and thinking clearly about ways of either fixing the problem or coping with it. An Action Planner is available to give member's solutions the best possible chance of success.

Balance Your Thinking

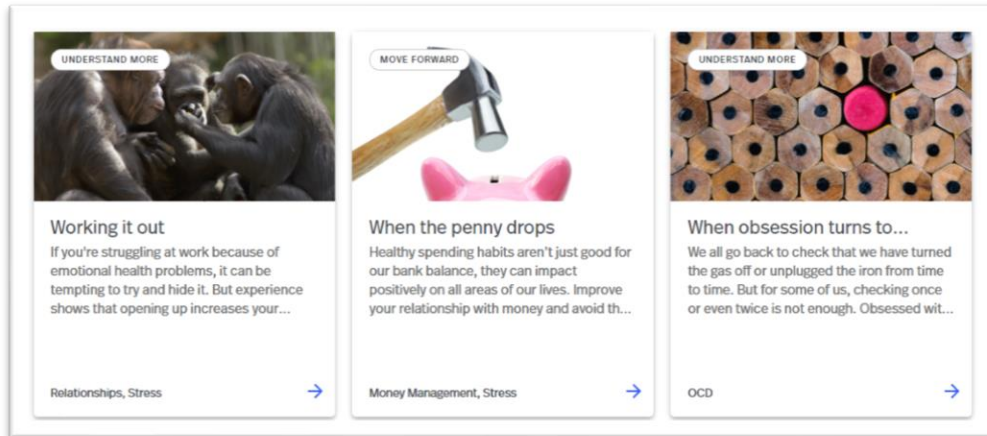
When people are feeling anxious or down, or if they have low self-worth, it's easy to get into the habit of negative thinking. Negative thoughts are draining and hold people back, stopping them from making the most of their lives. In this course, participants will learn ways to manage negative thoughts and stop them from taking over, to stand back from relative thoughts and reframe them, and how to use cognitive restructuring to become more curious about their negative thoughts and achieve a more balanced view.



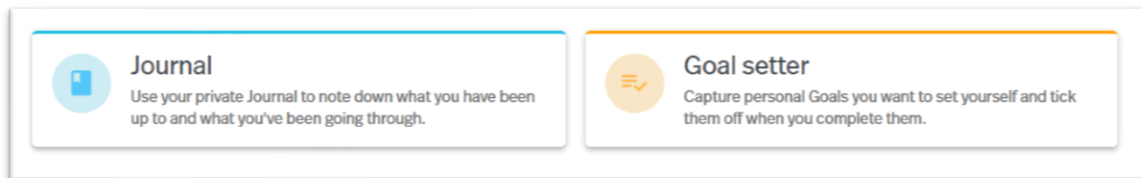
Resources

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

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.

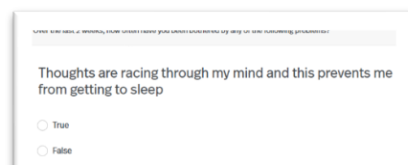
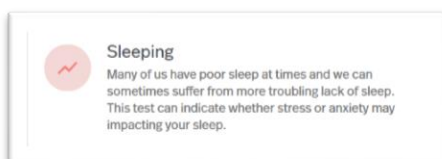
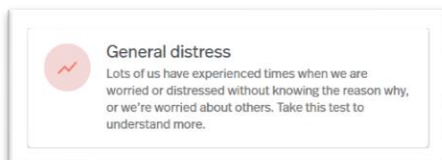


Using our interactive tools is a great way to capture and track your own progress and identify new areas to focus on.



Self-Assessments

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



"GETTING SUPPORT FROM THE
COMMUNITY AND WALL GUIDES
HELPS ME UNDERSTAND I'M NOT THE
ONLY ONE"

"Sometimes you just want
to talk to someone" *

"I'm more aware of how
my mental state
changes over time" *

**Register today
for FREE**

**Visit togetherall.com for
mental health support.**

Online Community. Confidential. 24/7.

For more details, please refer to our T&C's during registration.





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