

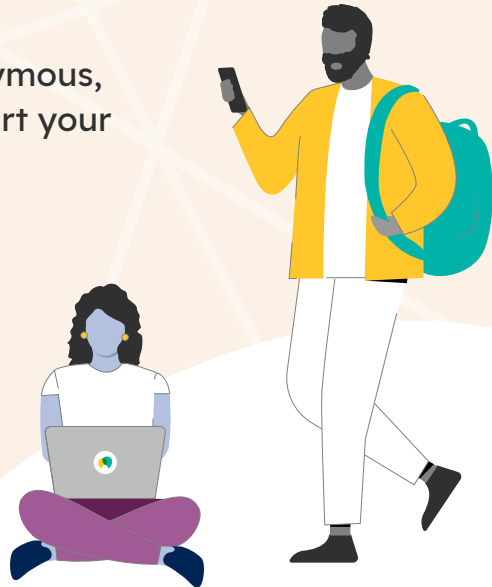
SCAN TO JOIN FOR  
FREE TODAY

# Get support. Take control. Feel better.

Maybe you are feeling  
overwhelmed, struggling socially,  
or just not feeling like yourself?

Togetherall is a safe, anonymous,  
online community to support your  
mental health.

**FREE** to all residents aged  
16-26 living in Fife.



“

I found it almost impossible to discuss my mental health with my parents and I was a bit frightened of disclosing it to my friends. Being able to talk online to other people about how I was feeling was really useful.

Otherwise, I would have kept it all bottled up

”

Togetherall offers:



### Community

We offer an anonymous community to share how you're feeling, listen and be heard.



### Courses

Find courses specific to your concerns and learn techniques to manage your mental health.



### Resources

Tools, self-assessments and articles that help you understand how you're feeling and track your progress.

16+

Free mental health support in minutes, there is no waiting list to access Togetherall.

Sign up today with your postcode

**togetherall.com**

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

