



Togetherall: Using Digital Services to Enhance Support

Roisín Lynch, Togetherall Senior Account Manager
Roisin.Lynch@togetherall.com



Agenda

- What is Togetherall?
- How to register/refer Togetherall
- Integrating Togetherall into a young person's wellbeing toolkit
- Signposting headlines
- Q&A

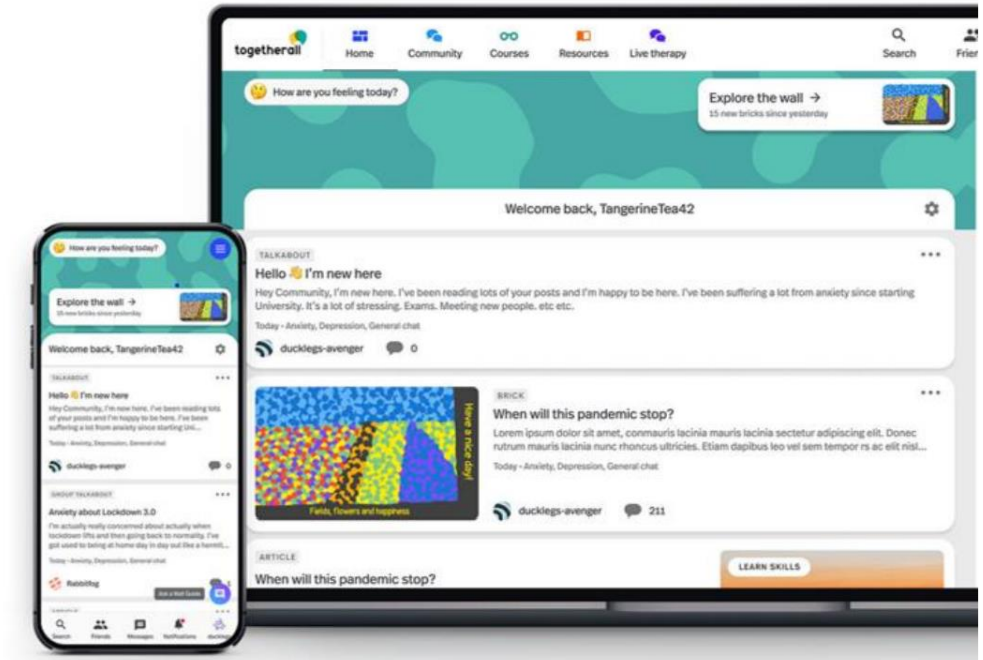


What is Togetherall?





- Togetherall is an evidence-based, **clinically moderated, online peer-to-peer mental health community**
- We empower people to **anonymously** seek and provide support in a **safe and inclusive** online space
- We provide a hub of wellbeing tools and resources, and **help people connect to resources** available.
- In partnership with Fife Council, **Togetherall is freely available to all residents aged 16-24 (26 if care experienced).**





24/7 service moderation & escalation by licensed and registered mental health practitioners

3 Primary Roles:

- Vibrancy:** Encourage engagement; promote self-care; ensure anonymity and inclusivity
- Risk and Safety:** Intervene, assess and escalate at-risk members to appropriate crisis supports
- Service Navigation:** Guide members to other supports in their care pathway as appropriate

Built-in, back-end algorithms within the platform help draw attention to posts and triggers



Low barrier to entry mental health support community, available 24/7

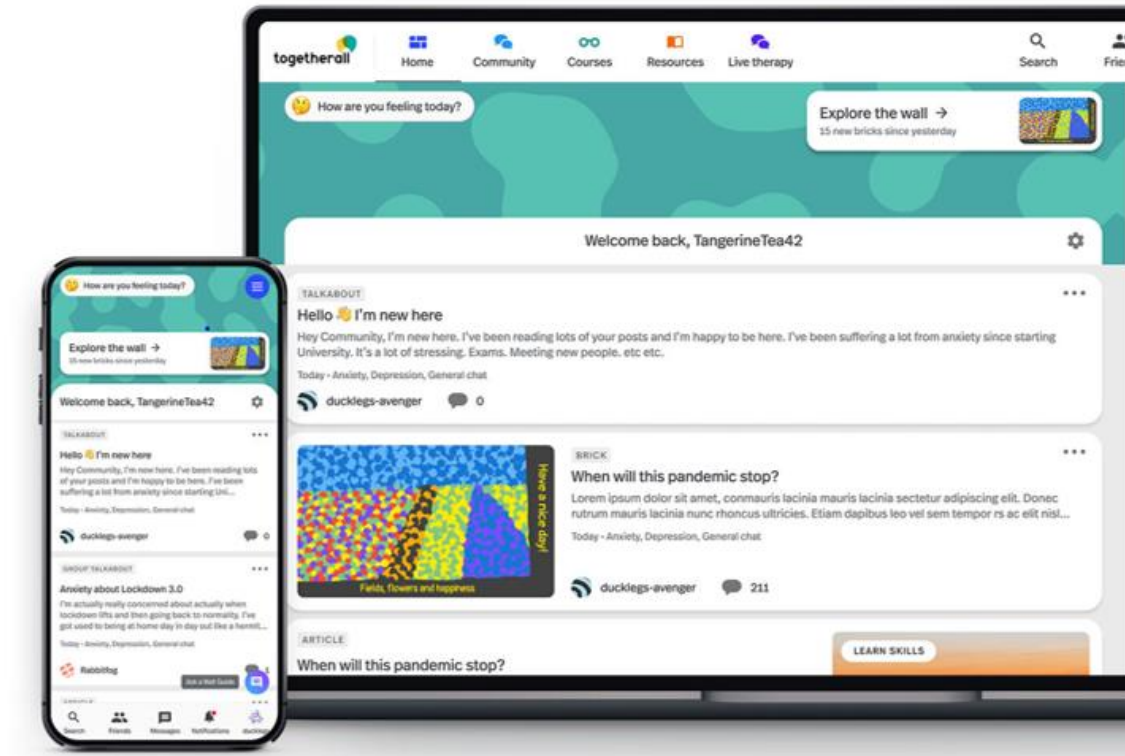
270+ partners

Health, Education, Military & Employers

Moderated by registered mental health practitioners

Available 24/7 via mobile-responsive website

Register today at www.togetherall.com



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

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



Key features of the Togetherall platform

An anonymous and stigma-free environment monitored 24/7 by registered mental health practitioners (Wall Guides).



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.

The community

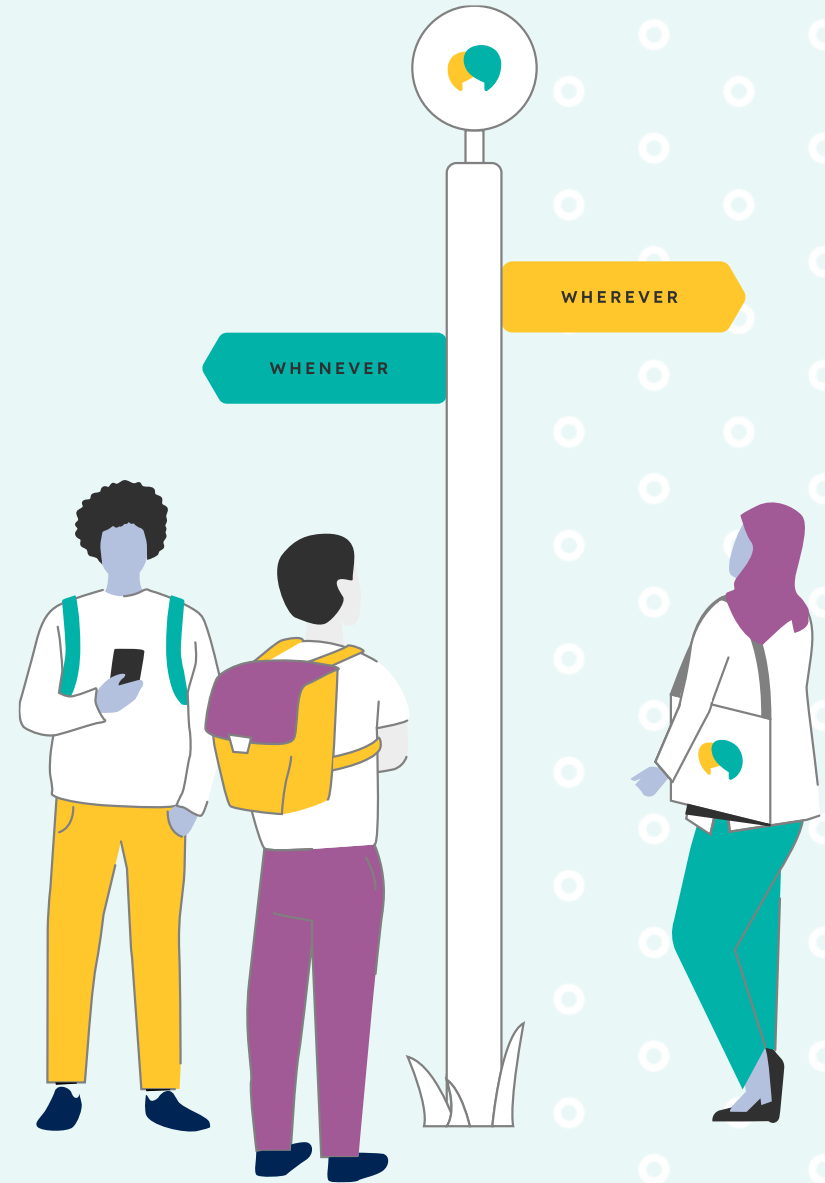
The Togetherall community is here to help you through difficult feelings you're experiencing, even if you've never felt comfortable talking about them before.

A global, 24/7 community of ordinary people, moderated by clinical professionals.

People can get (or give) the mental health support they really need.

No judgement. No stigma.

This is an anonymous place where anyone can begin their journey towards better mental health.





“

On good days I can support others.
On bad days, when I need supporting,
I can find information to understand
how to deal with it.

Togetherall Member

”



Togetherall Courses

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



Improve your sleep

A course full of techniques to help sleep, leaving you feel more energized and refreshed



Managing social anxiety

A course which provides techniques and strategies to combat social anxiety and shyness



Stop procrastinating

A course which will help you acknowledge and challenge procrastination and increase your productivity



Togetherall Resources

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



Journaling tool

Make note of your day-to-day mood in your own journal.



Goal Setting tool

Create and track your personal goals.



Self assessments

Capture how you are feeling and track your progress overtime.



Togetherall is easy to access

Get free mental health support in minutes,
there is no waiting lists to access Togetherall.

1

Visit togetherall.com > Click
'Register Button' > then
followed by 'My Area is
Registered' tile

2

Create a username

3

Complete a few
basic questions

4

You will receive an
email to verify your
account.

Click on the button
within your email to
activate your
account.

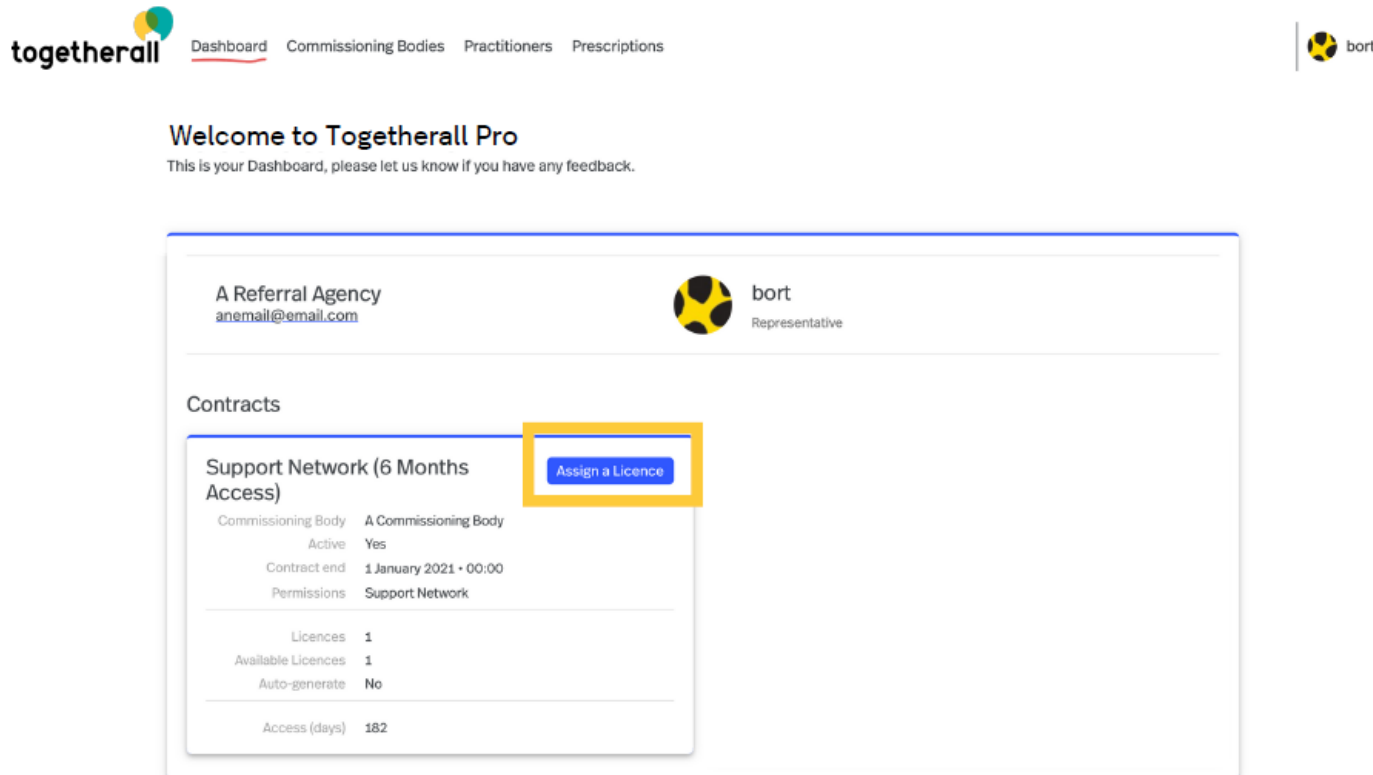
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**Welcome to
the
community!**



Togetherall Professional Referral

Once set up, visit www.togetherall.com & enter your Togetherall professional account username and password



The screenshot shows the Togetherall Pro dashboard. At the top, there is a navigation bar with 'Dashboard', 'Commissioning Bodies', 'Practitioners', and 'Prescriptions'. The 'Dashboard' link is underlined. On the right, there is a 'bort' logo. Below the navigation bar, it says 'Welcome to Togetherall Pro' and 'This is your Dashboard, please let us know if you have any feedback.' The main content area shows a referral agency 'A Referral Agency' with email 'anemail@email.com' and a 'bort Representative' profile. Under the 'Contracts' section, there is a contract for 'Support Network (6 Months Access)'. A blue button labeled 'Assign a Licence' is highlighted with a yellow box. Below the contract details, there is a table with the following data:

Commissioning Body	A Commissioning Body
Active	Yes
Contract end	1 January 2021 • 00:00
Permissions	Support Network
Licences	1
Available Licences	1
Auto-generate	No
Access (days)	182

Complete the required details:

- ❖ **Reference:** Anything for your reference
- ❖ **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.



Togetherall Professional Referral

As a referrer, you will be able to view all the referrals you have created on Togetherall from within the Togetherall professional portal

Assign Licence

Access details

Commissioning Body	A Commissioning Body
Access to	Support Network
PII Region	Europe
Access length (days)	182
Live Therapy Tokens	0

togetherall | Dashboard | Commissioning Bodies | Members | Pro Users | Practitioners | **Prescriptions** | acvt189

My prescriptions | All prescriptions

General search | Search by reference

Q | Q

My Prescriptions

Sent to	Sent on ↓	User	Activated	CB	Reference	Details
Sorry, no matching records found						

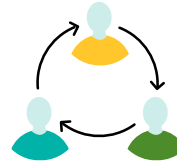
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We are having a positive impact:

77%

of members that were using Togetherall as a support tool following discharge from a MH Program, found the platform helpful



41%

of members feel less isolated since joining Togetherall.



20%

Say Togetherall is their only source of support.

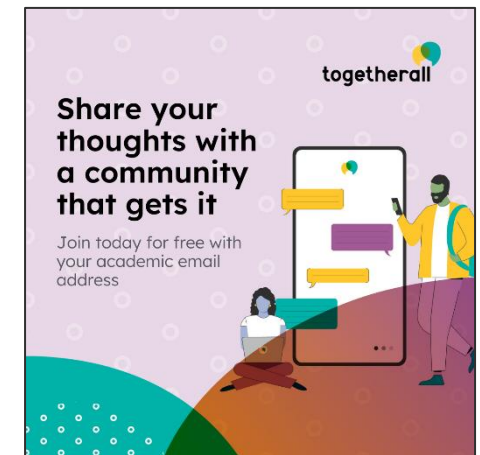
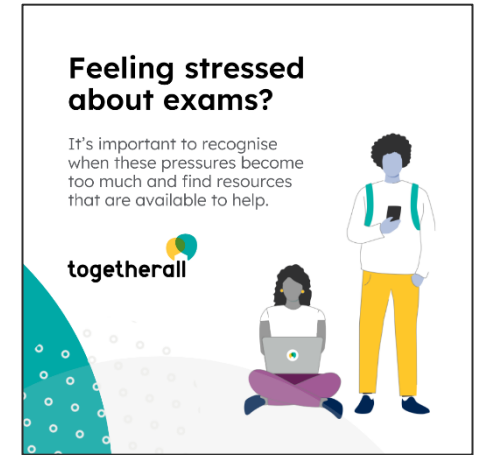


Integrating Togetherall into yours/young person's wellbeing toolkit

- Togetherall can be used before, during or after therapy, bridging the gaps left by traditional support.
- Togetherall can be signposted during 1:1 conversations with more vulnerable individuals.
- Signposting is easy – simply direct residents to togetherall.com where they can learn more about the service. There are **NO waiting lists for Togetherall**, residents can get support in minutes.

Reach out to young people through social media

- Email marketing@togetherall.com to receive our monthly social media packs.
- We have new content every month, referencing the unique challenges facing young people to promote the service.
- It's a great way to reach young people on platforms and channels that they regularly use.



Signposting headlines

- **Who is Eligible?:** Available to residents of Fife aged between 16-24 (26 if care experienced).
- **Who should use Togetherall?:** Any young person who is struggling with common life stressors and/or mental health challenges, and who is looking for additional online support/ resources. Togetherall is a great preventative tool, however **is not a crisis service**.
- **How to Access?:** Mobile-responsive website, please direct residents to (www.togetherall.com)
- **What are the Costs?:** None- it's funded by Fife Council and so free to residents.
- **Accessibility:** Available 24/7/365.

Togetherall is committed to ensuring digital accessibility for people with disabilities. Our ongoing site development and content creation is guided by best-practice accessibility guidelines such as WCAG and ISO 30071-1.



Q&A

Register today for **FREE** mental health support

Roisín Lynch, Togetherall Senior Account Manager
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16+ togetherall.com

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



SCAN TO JOIN FOR
FREE TODAY