

Get support.

Take control. Feel better.

If you're struggling to cope, you don't have to do it alone. Togetherall offers a safe, and anonymous community to connect from anywhere, at any time.

REGISTER TODAY



Free to all youth and young adults aged 16–29 in Nova Scotia, register here:

togetherall.com

HOW CAN WE HELP?



Community

Share anonymously and get support from others like you. Accessible 24/7, our site is run by registered mental health practitioners.*



Courses

Find courses specific to your concerns. Learn how to manage your mental health and feel better.



Resources

Access a variety of free articles, tests, and techniques to take control of your wellbeing.



Togetherall gave me a place to feel safe, everyone was so supportive, it helped me through a difficult time.



WHY USE TOGETHERALL?

- Members interact anonymously so you're free to share without fear.
- Togetherall's community is accessible and active 24/7.
- Access the platform by phone, computer, or tablet.
- 24/7 moderation ensures that the community remains safe and supportive.

A quick look inside Togetherall
Watch this video to find out more about Togetherall, and how it can help those struggling with their mental health.

Watch HERE

**togetherall**

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*We may share information we hold about you in circumstances of risk, where we may refer you to emergency services or to any health care professional or your commissioning institution to protect your welfare or the welfare of others.