

# 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

A free, online  
community for  
24/7 mental  
health support.



## 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.

## WHY USE TOGETHERALL?

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



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



LEARN MORE

16+

Free to all Albertans, register at:

[togetherall.com](https://togetherall.com)

Or learn more at:

[ahs.ca/virtualmentalhealth](https://ahs.ca/virtualmentalhealth)



Alberta Health  
Services



togetherall