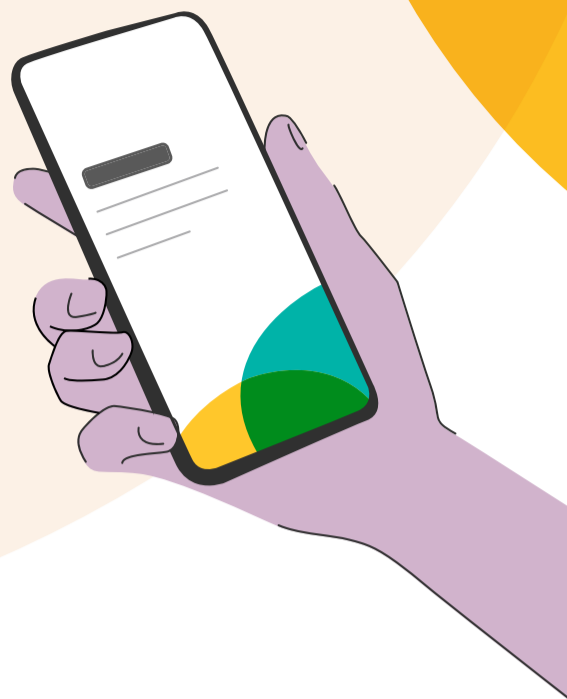


# Join Togetherall Today

Maybe you are feeling overwhelmed, struggling socially, or just not feeling like yourself? Togetherall is a safe, anonymous, online peer community to support your mental health.



## Get support



### Community

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



### Safety

We have registered mental health practitioners on hand 24/7 to keep the community safe.



### Easy to Access

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

## Take control



### 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.

## Feel better



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 Member**

16+

**FREE to all students in Alberta**

Register today at [Togetherall.com](https://togetherall.com)

Or learn more at: [ahs.ca/virtualmentalhealth](https://ahs.ca/virtualmentalhealth)

