togetherall

# Signpost to Togetherall

It's a safe online peer-to-peer support community dedicated to **helping people aged 16 to 30 in Ireland with their mental health.** The service is moderated 24/7, 365 days a year by licensed and accredited mental health professionals, who manage risk within the community.

## Community members can:

**Benefit from peer-to-peer support** – write posts anonymously, share experiences, respond on topical group forums and design artwork to express feelings.

**Start personal growth** – explore over 100 psychoeducational articles on a wide range of topics to help strengthen coping strategies and mental resilience.

**Self-manage mental health** – take self-guided courses and assessments, write journal entries and set personal goals.

## Safety on Togetherall

The community benefits from **24-hr, clinically led and proactive safeguarding** by **highly skilled mental health professionals.** Individuals have continual access to **1-1 professional support** as the clinical team work **around the clock** to monitor, engage and respond to members. Where risk is detected, the clinical team will **assess and escalate**, if needed, to local or crisis services.

*"Talking about what I'm going through with the community is so helpful and reduces loneliness for me as I find lots of people are feeling something similar to what I'm going through – someone does understand me."*

Togetherall member

**83%**

**of surveyed individuals have found Togetherall helpful for their mental health**

togetherall.com

**1 in 4**
identify as being from an ethnic minority background

**2 / 3**
shared something on Togetherall they had never previously shared with friends/family

**82%**
joined Togetherall to find support for depression or anxiety

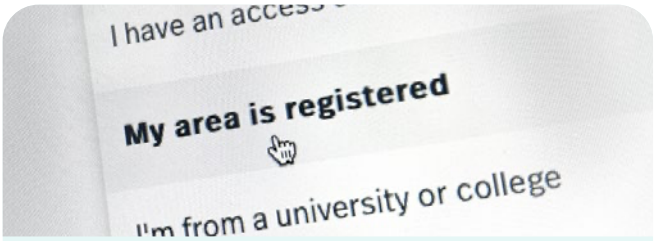
**65%**
access when most other support services are unavailable

## Who can benefit from Togetherall?

- People coping with everyday challenges such as stress, loneliness, isolation or worry, through to individuals diagnosed with anxiety, depression, and other mental health conditions.
- Those on a waiting list for treatment.
- Individuals looking for immediate support whilst engaged in treatment services.
- Those post-discharge from treatment.
- As part of relapse prevention plans.
- Those who are often reluctant to seek help or face barriers to accessing community services or treatment.

## Enable support seeking and remove barriers for young people

| | | |
|---|---|---|
| Large, vibrant community | > | Reduces loneliness and isolation using empathetic peer support |
| 24/7 risk management | > | Ensures everyone is safe and supported |
| Always available - 24/7, 365. | > | Access outside of 9-5 office hours |
| Immediately accessible | > | No waiting or appointments necessary |
| Interact anonymously | > | Removes stigma and encourages the sharing of lived experience |
| Choice and flexibility | > | Ability to personalise experience dependant on individual needs |




## How do I encourage SELF-REFERRAL?

Commissioned by **The Health Service Executive (HSE), everyone aged 16-30 in Ireland** with access to the internet can use Togetherall and self-register for access.

1. Share the following web address: **www.togetherall.com/ireland**
2. Advise individuals to select **'Join for free'** and ask them to input their home **Eircode** to begin registration.