



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.

“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

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.

83%

of surveyed individuals have found Togetherall helpful for their mental health

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%

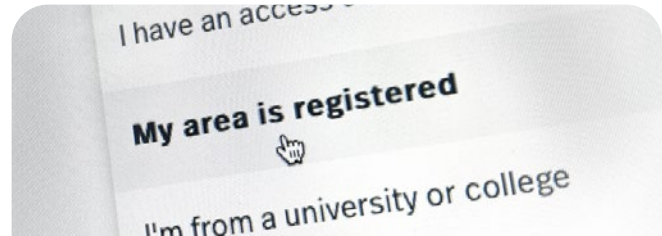
access when most other support services are unavailable

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.

