



# 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**

**2 / 3**

**82%**

**65%**

identify as  
being from an  
ethnic minority  
background

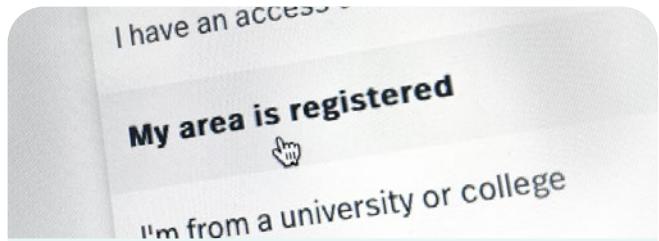
shared something  
on Togetherall they had  
never previously shared  
with friends/family

joined Togetherall  
to find support for  
depression or anxiety

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.



### 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](http://www.togetherall.com/ireland)
2. Advise individuals to select '**Join for free**' and ask them to input their home Eircode to begin registration.

### 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

