

Get support. Take control. Feel better.



An online mental health
support community,
available 24/7.

Free to all Albertans.



16+

A safe place to express yourself
and support each other.

togetherall.com



togetherall 

“ *The members on here are amazing. I've realized I'm not alone and actually helping others in my position makes me feel like I have something to give.* ”

TOGETHERALL OFFERS:



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.

16+

Join today for free using your postal code:

togetherall.com

* We may share information we hold about you in circumstances of risk, where we may refer you to emergency services or to any health care professional or your commissioning institution to protect your welfare or the welfare of others.

