**Referral Scripts: Togetherall**

Suggested referral script for clinicians, faculty and staff introducing Togetherall to students.

**GENERAL NOTES:**

**Eligibility:** Available to all of your students aged 16yrs+

**Who should use Togetherall?:** Any student who is struggling with common life stressors and/or mental health challenges, and who is looking for additional online support/ resources.

**What is it?:** Togetherall is a safe, online peer-to-peer mental health community that empowers individuals to anonymously seek and provide support 24/7. Togetherall also acts as a hub of other wellbeing related courses and resources that foster positive mental health.

**Access point:** Mobile-responsive website ([www.togetherall.com](http://www.togetherall.com)), use student email address to register as a member of an eligible university or college

**Costs:** None- it’s funded by the institution and so free to students

**Accessibility:** Available 24/7/365; platform and resources are available in English only (for now)

**SCRIPTS:**

Option 1 – General Togetherall Script

Option 2 – In relation to accessibility concerns

Option 3 – In relation to anonymity concerns

Option 4 – If looking for peer support

Option 5 – If looking to support while accessing/ waiting to access other services

**Option 1: General Togetherall Script**

* All students (over the age of 16) now have access to a free, online peer-to-peer mental health community called Togetherall that is accessible 24/7, no referral needed.
* Togetherall is a safe and anonymous online space where you can go if you’re feeling down, struggling to cope or just want to talk to people who understand what you’re going through.
* You can connect with others that have real lived experience, or access free self-guided courses, self-assessments or other wellbeing resources.
* Signing up is easy – go to [togetherall.com](https://togetherall.com/en-ca/about-us/) and use your student email address to register as a member of a university or college. You pick an anonymous username which is how you’re known online within the Togetherall community
* Togetherall also has a dedicated customer service team. Contact [theteam@togetherall.com](mailto:theteam@togetherall.com), and the team can help support you with any specific questions or technical issues you may have.

**Option 2: Togetherall is available 24/7/365**

* Through an online platform called Togetherall, you can access free mental health support 24/7/365 from any device with an internet connection.
* Togetherall is a safe and anonymous online space where you can connect with others that have real lived experience for advice and support any time of day or night. You can also complete self-paced courses or explore other helpful wellbeing resources when it suits you.
* Togetherall is a great source of support outside of normal office hours and means you can get support when other services are closed, including evenings, weekends and public holidays.
* Signing up is easy – go to [togetherall.com](https://togetherall.com/en-ca/about-us/) and use your student email address to register as a member of a university or college. It takes 5 minutes and you’ll have immediate access to support.

**Option 3: Share anonymously through Togetherall**

* Togetherall is a safe and anonymous online community where you can share what’s troubling you. Nobody needs to know you’re getting support as you pick an anonymous username to be known by.
* The service is free and allows you to get support, take control and feel better- all in a way that is most comfortable to you.
* Protecting members’ anonymity is very important to Togetherall. Members don’t use their real names, so it allows you to share how you’re feeling more openly.
* Signing up is easy – go to [togetherall.com](https://togetherall.com/en-ca/about-us/) and use your student email address to register as a member of a university or college.

**Option 4: Through Togetherall, seek and share support with others like you**

* Togetherall is a safe online community where you can anonymously connect with people who understand what you’re going through.
* Whether you want to get advice, tips or just want someone to listen outside of your friendship group, Togetherall is available to you. You too may be able to help others.
* Lots of students find Togetherall helpful as you can continue exploring your feelings at your own pace, speak to others in similar situations and make use of many resources without a time pressure- all in the one platform.
* You have free access, can get immediate support and it’s available 24/7! Go to [togetherall.com](https://togetherall.com/en-ca/about-us/) and use your student email address to register as a member of a university or college.

**Option 5 – Use Togetherall in addition to other services**

* While you access (or wait to access) other mental health resources,you can get immediate support through a free online mental health platform called Togetherall.
* Accessing Togetherall won’t affect your wait for other support, it’s just another option for you to explore as you figure out what works best for you.
* Togetherall offers 24/7 accessible online mental health support – you can connect with peers anonymously as well as explore useful self-help resources, join groups or take self-assessments.
* It’s separate from the other supports you might already be accessing and it’s totally free - you can use it as much or as little as you like.
* Signing up is easy – go to [togetherall.com](https://togetherall.com/en-ca/about-us/) and use your student email address to register as a member of a university or college.