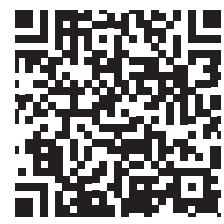




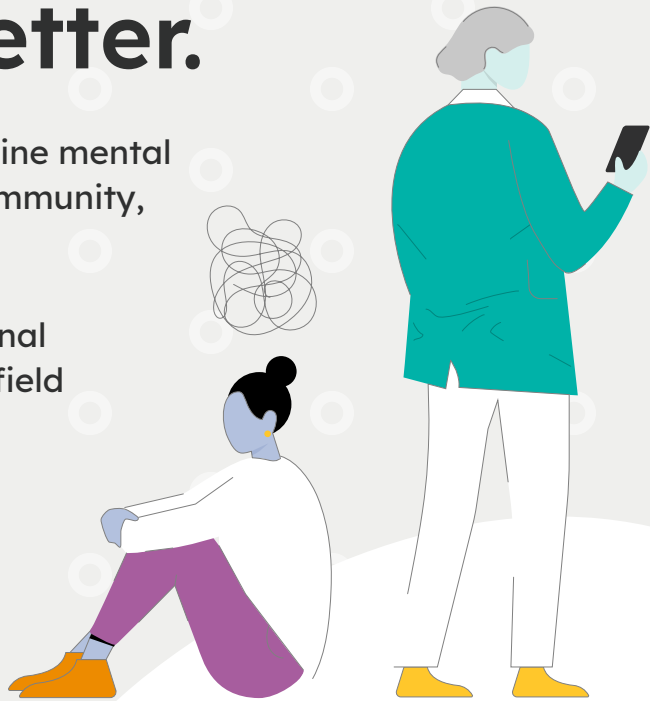
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A confidential, online mental health support community, available 24/7.

FREE for all Personal Assistants in Sheffield



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FREE TODAY



A safe place to express yourself
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“

On good days I can support others. On bad days, when I need supporting, I can find information to understand how to deal with it.

”

Togetherall offers:



Community

We offer an anonymous community to share how you're feeling, listen and be heard.



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Find courses specific to your concerns and learn techniques to manage your mental health.



Resources

Tools, self-assessments and articles that help you understand how you're feeling and track your progress.

16+

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*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

