

Togetherall connects you to a free, anonymous online community that's moderated by mental health professionals and is available 24/7.

It is a safe space with real people who understand. Express what you're going through or read through the thoughts of others who are facing similar things in life and start to feel better.

[Togetherall Overview Video](#)

Joining Togetherall is Free and Easy

1. [Register](#) with a few basic details. You'll receive an email to verify your account.
2. Activate