

Join Togetherall Today

Safe, anonymous, online peer community for mental health support



Get support



Community

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



Safety

We have registered mental health practitioners available 24/7 to keep the community safe.



Easy to Access

Free mental health support in minutes, there is no waiting list to access Togetherall.

Take control



Courses

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.

Feel better



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 User

16+

FREE to all Nova Scotia residents 16+

