# Get support. Take control. Feel better.

If you're struggling to cope, you don't have to do it alone. Togetherall offers a safe, and anonymous community to connect from anywhere, at any time.

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A free, online community for 24/7 mental health support.

Free to all Bucknell University students.



**REGISTER TODAY** 

#### **HOW CAN WE HELP?**



## 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.



Togetherall gave me a place to feel safe, everyone was so supportive, it helped me through a difficult time.

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### WHY USE TOGETHERALL?

- Members interact anonymously so you're free to share without fear.
- Togetherall's community is accessible and moderated 24/7.
- Access the platform by phone, computer, or tablet.



Free to all students, register with your academic email at:

togetherall.com

**WATCH OUR VIDEO** 





