

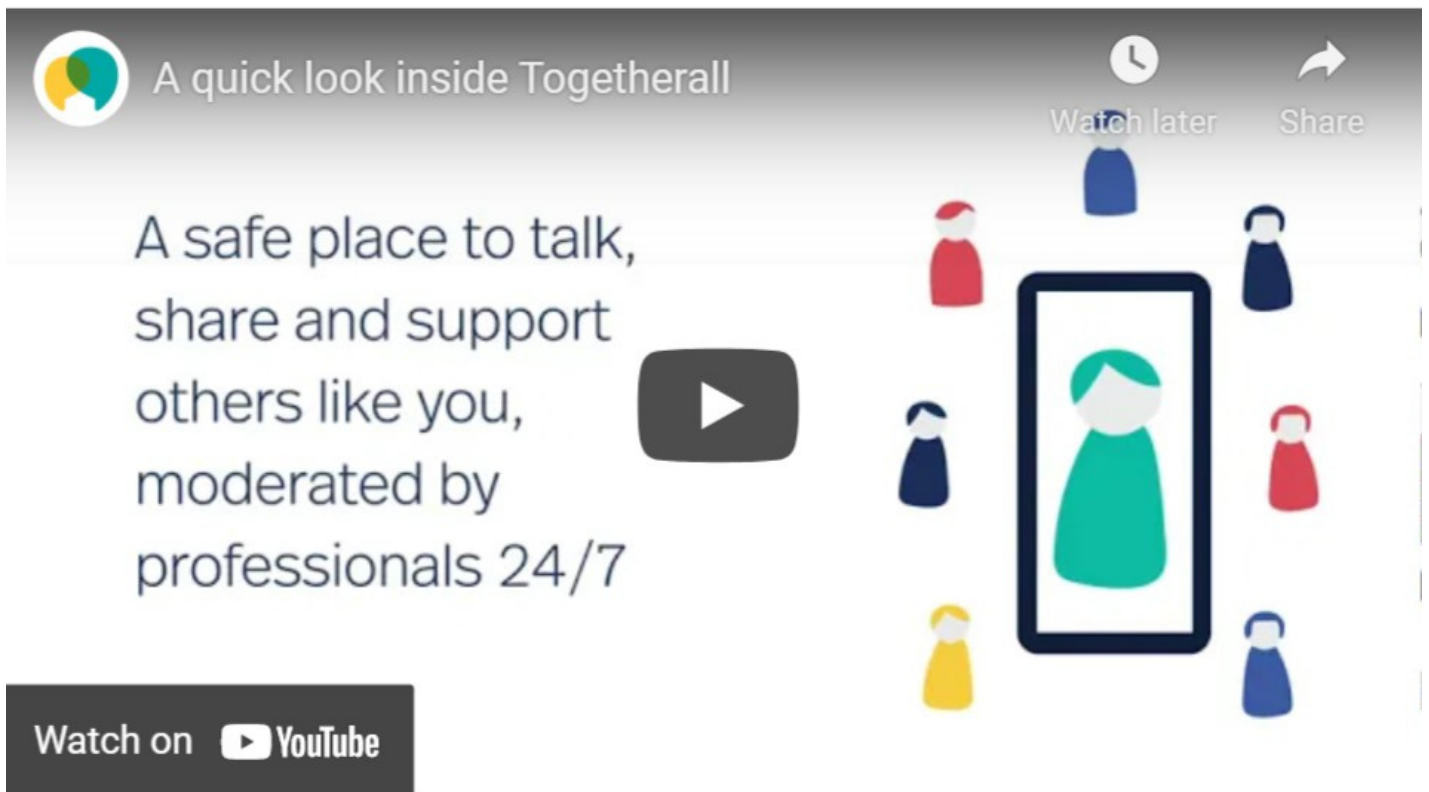
FOCUS OF THE WEEK

TogetherAll

Who are TogetherAll

TogetherAll are an online service which all students at the College can use. You can use TogetherAll anytime of the day or night, 365 days a year. It's a safe and anonymous space you can go to if you are feeling down, struggling to cope or just want to talk to people who understand what you're going through. There are trained professionals online at all times who you can speak to and get advice from.

For more information, watch the video below.



How to use TogetherAll

Signing up is easy. Go to [TogetherAll.com](https://www.togetherall.com) and use your college e-mail address to join. You will then need to enter your date of birth as confirmation. You do not have to use your real name if you do not want to.

As well as talking to others about how you are feeling, you may also want to use the other features available including the online journal, using the Goal Setter tool, complete a self-assessment to better understand how you are feeling, or take part in an online course.

