

TogetherAll

TogetherAll is a free and anonymous online mental health community for people living in Newcastle and Gateshead. You can talk about your feelings and connect with other people who are experiencing similar feelings. People support each other anonymously to improve yours and their mental health and wellbeing. Trained professionals are available to help to make sure you are safe and supported. TogetherAll is moderated by mental health professionals and led by an on-duty clinical team.

You can use the online courses and resources to help look after your own mental health. These tools can help with anxiety, depression, low mood or stress.

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Website: <https://togetherall.com/en-gb/>

Opening Hours: 24 hours a day, 7 days a week

Cost: Free

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