

Benefit Rule

Togetherall

For **you**, the **policyholder**

This service is provided by Togetherall.

If you are worried, stressed, anxious, feeling low or not coping Togetherall is a safe online space for you to explore things that are troubling you and get support in confidence. Togetherall provides safe, 24/7 anonymous support. You can share experiences with other members of the online community, express yourself in words or images, browse a library of information and follow courses on topics including managing anxiety, positive thinking and problem solving.

You can also assess yourself using a range of tests on emotional health, and issues surrounding healthy lifestyles, recording your results over time. Trained counsellors (called Wall Guides) are on hand at all times to provide extra support. The service is easy to use and completely anonymous, so no one will know you are using it unless you tell them.

Togetherall membership gives you access to their Support Network, which includes:

- Online community support: you are able to start or join forums on topics ranging from depression and anxiety to relationship issues, work stress, abuse, self-harm, eating disorders and more;
- Peer groups: you can start 'invitation-only' forums and talk to a selected group;
- Peer support networks: you can make 'friends' and create a support network to get useful information, motivation and a means to improve self-awareness;
- Creative therapies: employing art and writing therapies, you are able to express yourself on 'bricks' that are posted to Togetherall where you can choose to share and discuss the underlying 'story'.

Self-directed learning gives you access to a wide range of information on wellbeing as well as self-assessment tools and self-help exercises.

In addition to the community, Members have the safety and accessibility of our Wall Guides who are all trained mental health professionals and are there to make sure everyone remains safe and supported. They are available 24/7/365.

Courses - members have access to self-guided support courses, based on the principles of CBT, covering all mental health and lifestyle topics from 'Coping with Grief and Loss, to Problem Solving, Health Anxiety and 'How to stop Procrastinating'.

To access Togetherall please log onto your My Westfield account, then choose Togetherall.

Definitions of bold words are in your plan guide.