



# Togetherall

## Services Included

Togetherall is a **safe, online community** where individuals remain **anonymous** to each other and draw strength from others with similar **lived experiences**. The platform is:

- Accessible and **active 24/7/365**, no formal referral is needed.
- Moderated by registered mental health practitioners (Wall Guides) who ensure individuals are kept safe and feel supported.
- Also available - additional self-assessments, recommended resources, self-guided courses and creative tools to help members express and track how they are feeling.

Check out the [explainer video](#) and [member testimonial](#) of the Togetherall platform.

## Eligibility

- Available to all Teammates across Canada.

## How to access?

- Visit [www.togetherall.com/joinnow/sobeys](http://www.togetherall.com/joinnow/sobeys) from any device.
- Register using any email address. The platform is completely anonymous.