

Benefit Rule

Togetherall

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

This service is provided by Togetherall.

Togetherall is a safe online space where **you** can connect with a global community of peers through shared lived experiences and get support in confidence. Togetherall is completely anonymous, accessible 24/7/365, and overseen by licensed mental health practitioners around-the-clock who keep the community safe. **You** can share **your** feelings and everyday challenges with other members, express **yourself** in words or images, browse a library of resources, and access courses on topics including managing anxiety, positive thinking, and problem solving.

As a member of Togetherall, **you** can:

- **Explore the community:** Share **your** thoughts or find comfort in reading about others' experiences - **you're** in control. **You** have the option to join forums on topics ranging from depression, anxiety, relationship issues, work stress, abuse, self-harm, disordered eating, and more.
- **Access resources:** Dive into a wide range of self-help courses and expert articles tailored to support **your** mental health. Topics include self-compassion, sleep issues, loneliness, managing stress, and more. Creative therapies: employing art and writing therapies, express **yourself** on 'bricks'.
- **Engage anonymously:** Participate in open conversations, sharing as much or as little as **you** like. Every member on Togetherall is anonymous. **Your** identity is never revealed, making for a judgement-free space.
- **Rely on 24/7/365 support:** Access Togetherall anytime, anywhere. Help is always available, whenever **you** need it.
- **Feel safe in the environment:** Licensed mental health practitioners, called Wall Guides, facilitate and moderate the community, ensuring a supportive and safe space for everyone. **You** can reach out to a Wall Guide at any time for additional support.

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

Definitions of bold words are in your plan guide.