

Get support.  
Take control.  
Feel better.

Togetherall is an anonymous, online support community which helps you to manage your mental health and wellbeing.

Discover a range of tools to help you understand & manage your mental health.

Share your experiences in a safe space with no judgement.

Join today at:

[togetherall.com](https://togetherall.com)



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For more details, please refer to our T&C's during registration.

*Togetherall  
course*



## Coping with Grief & Loss

Stages of Grief  
Gives an insight into each stage of the grieving process.



Complicated Grief  
Goes through the signs of complicated grief and how they can affect you.  
Moving Forward



Self-care steps you can take to look after yourself following a loss.

