



## What is Togetherall?

Togetherall is an award-winning digital mental health service available at [bigwhitewall.com](https://bigwhitewall.com). It offers 24/7 support, with trained clinicians online at all times, as well as a range of helpful tools and resources.

Togetherall is widely commissioned in the NHS, as well as by local authorities, employers, universities, and the Armed Forces. The service also offers anonymous peer and community support, moderated and facilitated by trained clinicians.

## What are Courses?

Togetherall's online programmes are evidence-based courses. These courses are designed to help people manage a variety of mental health difficulties and improve their health and wellbeing at a pace which suits them.

There are also courses available which support members with their self-development, such as assertiveness training and managing procrastination.

## How do people use courses?

Courses are available to all members of Togetherall at [togetherall.com](https://togetherall.com). Members can join a course any time and can take as many as they like (although it's recommended to do one at a time). Within each course, there are a variety of tools available which help members get the most out of each course.

- **Course Talk-about** – A community space within each course where group members can support one another, exchange hints and tips and discuss topics relevant to the course
- **Printable worksheets** – A selection of templates members can use to self-monitor and complete homework tasks
- **Goal-Setter** – A tool members can use to create, save and review goals
- **Journal** – A private space which allows time for reflection



# What courses are available?

## Mental Health & Wellbeing Courses

### Managing Depression

This course shows ways to manage the negative thoughts, feelings and behaviours that feed depression. It includes activity scheduling, thought challenging, lifestyle tips and other skills that are evidenced-based to help members manage their mood. A Behavioural Activation Diary is available so that members can manage their mood through increased activity.

### Managing Health Anxiety

This course is designed to support those who suffer from persistent worries and concerns about their health. Within this course, members will learn to challenge unhelpful thoughts and use behavioural strategies such as Exposure Response Prevention to make health worries more reasonable and manageable.

### Managing Panic

Whether it's feeling anxious out of the blue or dealing with situations that trigger panic attacks, this course gives an insight into how to break the panic cycle and manage strong waves of anxiety. The course combines thought strategies which Graded Exposure to relieve the emotional distress caused by panic attacks. The course draws on techniques based on Mindfulness and Cognitive Behavioural Therapy.

### Coping with Grief and Loss

This course supports members to cope with the loss of a person or something important in their life. The course covers each stage of the grief process, how to cope with changes in functioning and strategies and techniques to help members to move forward with their lives following a loss.

### Managing PTSD

This course gives members an overview of the different types of trauma and how treatment can help. It helps members to identify symptoms, cycles and how sometimes it's the things that we do or don't do, that keep the problem going. It also looks at how PTSD can impact our bodies as well as our minds. Members can then learn tools and techniques for starting to reclaim their lives, including ways to change thoughts and behaviours as well as strategies to break the cycle. In the final section, members learn how to plan against slips-ups, to prepare for relapses and how to maintain progress and stay healthy.

### Managing Social Anxiety

You may like to manage Social Anxiety or feel less shy in social situations. This course will support you to become more assertive and challenge the socially avoidant and negative thoughts which might be holding participants back from connecting with others and enjoying social events. Members design and carry out behavioural experiments to challenge their outlook and step outside of their comfort zone.

### Managing Stress & Worry

Split into two sections, this course supports members to utilise a range of evidence-based techniques and strategies to manage high stress levels and chronic worrying. This includes Mindfulness & relaxation techniques, time management skills, sleep hygiene, problem-solving and the Worry Time technique.



## Mental Health & Wellbeing Courses continued

### Managing Phobias

In this course, members will learn how to face their fears so they can live less full lives. Members learn the psycho-education behind what keeps a phobia going and a variety of techniques are available so that members can work towards managing fears and phobias. In addition to learning how to manage avoidant and distorted thinking, members will use a Graded Exposure Treatment programme so that they can face their fear one step at a time.

### Managing OCD

OCD can feel very repetitive and time-consuming and a difficult subject to talk discuss with others. As well as containing OCD theory, this course provides a range of techniques and strategies that help members manage obsessive and intrusive thoughts. There are a variety of techniques covered within the course that support members to reduce repetitive checking and reassurance seeking behaviours.

### Managing Self-harm

This course gives members information about the misconceptions about self-harm and gives advice on how to treat self-injuries. The course contains a variety of distraction and emotional regulation techniques, which are evidence-based to prevent self-harm and other self-destructive behaviours. A self-harm diary is available so members can self-monitor, and record their progress coping with urges to self-injure or use self-destructive behaviour.

### Improve Your Sleep

This course is suitable for those who would like to improve their sleep quality or for those who have Insomnia and get very little sleep at all. Members are shown a variety of lifestyle tips and sleep hygiene habits, that promote deeper and more restorative sleep. Members are encouraged to self-monitor and put sleep hygiene techniques and strategies into practice by using the Sleep Hygiene Diary.

### Managing Anger

Anger is not only distressing to experience but is also distressing for those on the receiving end too. This course supports members to become more aware of their anger warning signs, triggers and consequences of angry behaviour. Members will learn to take a step back and manage anger better by learning how to manage angry thoughts and prevent regrettable angry behaviour. Members are encouraged to participate in self-reflective exercises using the Journal and utilise the Course Talk-about to support each other.



## Healthy Lifestyle Courses

### Quit Smoking

If someone wants to quit smoking but hasn't been able to do so on their own, this course is designed to support them to quit. It will provide participants with new knowledge and skills to help them kick the habit and get better control of their health. It uses evidence-based techniques to focus participants on their reasons for quitting. Members can self-monitor by using the Smoking Diary and form a plan for the future so that they to maintain their progress and cope with potential setbacks.

### Cut Down Your Drinking

This course is designed to help participants to cut back on how much they drink or abstain altogether from alcohol. The content within this course is based on the most current evidence supporting an at-home alcohol reduction programme and reflects education and supportive care components found in NICE Guideline CG115, regarding the management of harmful drinking.

## Self-development Courses

### Problem-Solving

It can be hard to cope with problems, especially when feeling anxious or down. But if people want to fix or change something in their life, or increase their coping skills, it helps to have a structured way of working through problems. This course provides a structured approach to problem-solving. This involves identifying a problem and thinking clearly about ways of either fixing the problem or coping with it. An Action Planner is available to give member's solutions the best possible chance of success.

### Assertiveness Training

Effective communication is key when it comes to relationships, life in the workplace, managing conflict, and respecting the rights of ourselves and others. The course features skills training on how to give and receive criticism and improve communication that is too passive or aggressive so that participants can connect with others more effectively.

### Balance Your Thinking

When people are feeling anxious or down, or if they have low self-worth, it's easy to get into the habit of negative thinking. Negative thoughts are draining and hold people back, stopping them from making the most of their lives. In this course, participants will learn ways to manage negative thoughts and stop them from taking over, to stand back from relative thoughts and reframe them, and how to use cognitive restructuring to become more curious about their negative thoughts and achieve a more balanced view.

### Stop Procrastinating

When we feel down, under pressure or anxious about getting things done, we often turn to procrastination as a short-term way of managing our problems, often causing more emotional distress in the long-term as things stack up or don't get done. Participants are encouraged to take part in self-reflective exercises to find out the underlying reason as to why they procrastinate. Members are also encouraged to use lifestyle tips, time management/organisational skills, and other techniques based on Cognitive Behavioural Therapy to reduce procrastination and become more productive.

