

Online Mental Health Support

Poor mental health amongst healthcare workers and the effect it has on patient care is one of the most talked about issues in healthcare today. Working within the perioperative environment is an extremely rewarding profession but we know that it can sometimes bring its challenges.

As an organisation, AfPP takes patient outcomes and the wellbeing of all perioperative practitioners very seriously. This is why we are working with Togetherall, an online community dedicated to supporting mental health and wellbeing.



AfPP members have access to Togetherall 24 hours a day, seven days a week.

Togetherall provide support with a wide range of mental health and wellbeing issues – from anxiety, depression, isolation and stress, to relationship problems and lifestyle challenges. The service provides safe, anonymous support with a supportive community, information and self-help resources, and trained healthcare professionals online at all times.

1 in 4 of us will experience a mental health issue

Sooner or later, we all go through tough times. We might seem to be OK, but inside we can be feeling worried, or struggling to cope. Life events such as bereavement, relationship problems or debt can be overwhelming.

Often we find ourselves drifting through the day saying 'I'm fine'. In reality, we could be struggling to cope or going through a difficult time. Togetherall is an online community where members can share how they're feeling in a safe environment monitored 24/7 by trained professionals.

If you don't feel quite ready to participate in the community, there are a wealth of online courses and resources dedicated to your mental health journey – from managing anxiety to improving sleep.

You're not alone

Everyone is on their own mental health journey – but sometimes you can feel like no one understands what you're going through. Opening up to others and taking ownership of how you're feeling is the first step to feeling better.

Togetherall is a safe place for you to speak to someone who understands what you're going through, anytime and anywhere. You can reach Togetherall from your PC, tablet and mobile.

The service is designed to help you get support, take control and feel better.

**95% of members reported feeling better
as a result of joining Togetherall**

Join Togetherall

If you're struggling with mental health issues or experiencing a tough time, don't hesitate to join Togetherall. Access for AfPP members is quick and easy.

Visit www.afpp.org.uk/membership/wellbeing or call **01423 881 300** to find out how to join Togetherall.

If you're not a member of AfPP and would like to find out more about the Association, visit www.afpp.org.uk/join or call **01423 881 300**.

- An anonymous community where members can support each other
- Access 24 hours a day, 365 days a year
- Trained professionals available 24/7 to keep the community safe
- Self-assessments & recommended resources
- Creative tools to help express how you're feeling
- Wide range of self-guided courses to do at your own pace

73% shared something for the first time. Whatever you're going through, Togetherall is there to help.

