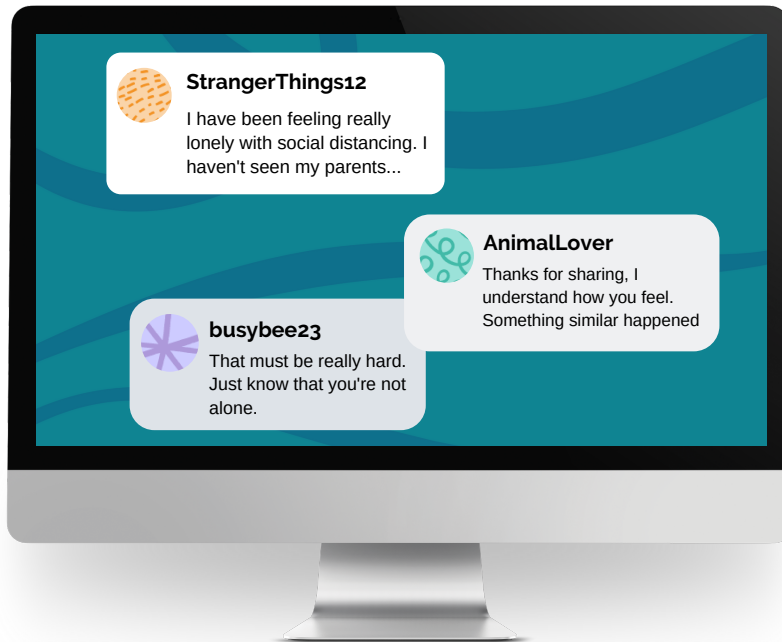


Togetherall at CUNY

A clinically moderated, online peer-to-peer mental health community that reaches and empowers a diverse population of students to anonymously seek and provide support.



24/7 Clinical Moderation

The entire platform is moderated by registered mental health practitioners 24/7 to ensure:

- The community remains **vibrant, supportive and inclusive**.
- **Risk is identified and escalated** to crisis supports, as appropriate.
- Students are **navigated to resources** available both in the platform and in the CUNY environment.

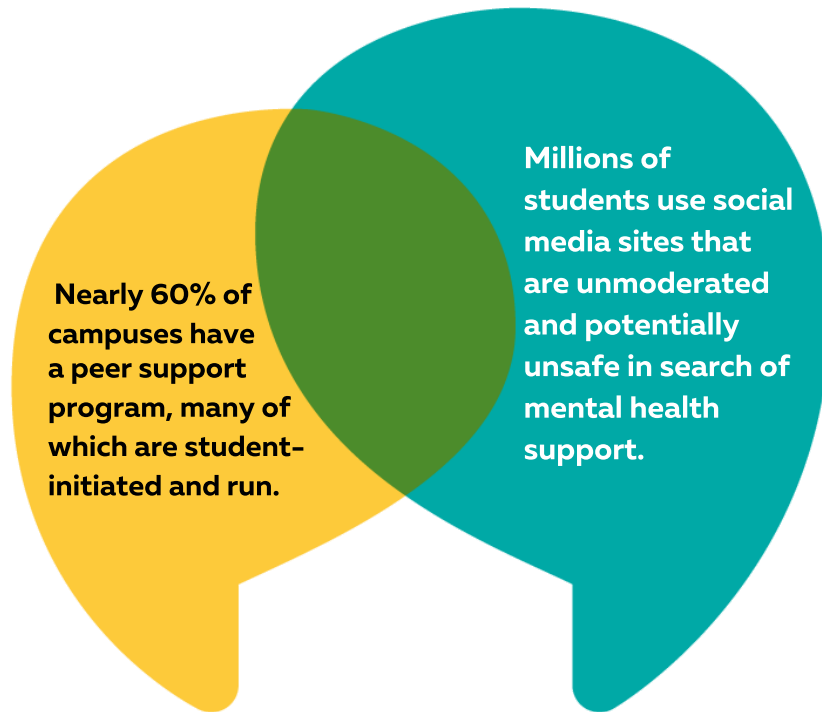
Courses & Resources

A variety of self-directed courses, self-assessments, journals, and articles are available. The platform is also **configured to each institution**, with services such as individual or group counseling, 10 Minute Mind, and Talkspace integrated alongside Togetherall tools.

Integration With Campus & Community Resources

Togetherall can integrate into 24/7 crisis support lines and CUNY crisis text lines for any student in need of additional support.

Togetherall combines trends in student mental health, peer support, and a changing campus landscape.



Amidst a global pandemic, the need for scalable, accessible, and digital mental health support for students has never been more clear. As an important component of a stepped care model, online peer support complements the care provided by campus counselors and health centers.

Togetherall takes a population approach to mental health, partnering to support large groups in ways that are safe and scalable.

Educational Institutions

- 150+ schools, 2M students across the US, Canada, and the UK.
- Togetherall has in-depth experience integrating our service into student care pathways on campus.

Large Jurisdictions

- Togetherall proudly supports all residents across the State of Delaware, the Province of Alberta, and many UK National Health Service (NHS) trusts, and would apply this population approach to the CUNY system.

Our community reaches a diverse student population across ethnicity, age, and gender.

40% of students registered identify as BIPOC

24% of students registered are aged 25+

Nearly 5% of students on Togetherall identify as trans or non-binary

Students get the help that they need in our community.

48%

of students do not regularly seek support elsewhere

55%

shared something about their mental health for the first time

73%

of students self-report an improvement in their well-being

Togetherall is configured for each institution, directing students to resources made available to them through their campus or the CUNY system

Our service is evidence-based.

The Ontario Ministry of Health and Women's College Hospital in Toronto, Canada conducted an independent study on the effectiveness of Togetherall*.

The study found statistically significant benefits of access to the service compared with a control group for **depression symptoms (PHQ-9), anxiety symptoms (GAD-7), and, hope and sense of personal recovery (RAS-r).**

*source: Hensel JM, et al. 2019, A Web-Based Mental Health Platform for Individuals Seeking Specialized Mental Health Care Services: Multicenter Pragmatic Randomized Controlled Trial