

FREE!



togetherall

A safe, anonymous, online community to support your mental health.

- Give and get support from peers who've been there
- Access wellness tools and self-help courses

JOINING IS EASY:

- 1 Register for Free
- 2 Activate Your Account
- 3 Participate

CAPS.ARIZONA.EDU/TOGETHERALL



**CAMPUS
HEALTH**

Counseling & Psych Services

