

## Courses, resources and articles available in Togetherall

In addition to the support community, there are a wide range of courses, resources and articles available in the Togetherall platform. The below list gives you an impression of what is available and where you can direct members of your population towards. Please check with your account manager for the latest details on any new resources which have been published.

### **Anxiety, Stress and Worry**

#### **Courses**

- Managing Social Anxiety
- Managing Health Anxiety
- Managing Stress & Worry
- Managing Phobias
- Managing Panic

#### **Articles**

- Everything you want to know about anxiety
- Spotlight on social fear
- Deactivating the panic button
- Face your fear

#### **Self-Assessments**

- Anxiety
- Anxiety about Health
- Fears and Phobias
- Social Phobia

### **Self-Harm**

#### **Courses**

- Managing self-harm

#### **Articles**

- Stopping self-harm
- Alternatives to self-harm

### **Sleep**

#### **Courses**

- Improve Your Sleep

#### **Articles**

- Sleep talk
- Sleep easier

#### **Self-Assessments**

- Sleeping

## Depression and Low Mood

### Courses

Managing Depression & Low Mood  
Balance Your Thinking

### Articles

Mood Talking  
Sunnier days ahead  
Tackling our demons – the low down on depression  
What’s driving your depression  
What to go for  
Get Physical  
Navigate your mood  
Baking the blues away

### Self-Assessments

Depression  
General Distress

## Bereavement & Loss

### Courses

Coping with Grief and Loss

### Articles

Living memory  
Moving on  
How to grieve

### Self-Assessments

Loss or Trauma

## Alcohol, Smoking and Substance Misuse

### Courses

Cut down your drinking  
Quit Smoking

### Articles

Sobering thoughts  
When less is more – managing alcohol problems

### Self-Assessments

Concern about drinking  
Concern about drug use

## Job Loss & Financial Stress

### Courses

Managing Stress and Worry  
Problem-solving

### Articles

When the penny drops  
At a loss  
All washed up and nowhere to go  
My story: Derailed, then back on track  
My Story: A bumpy ride



## Anger Management

### Courses

Managing Anger

### Articles

Slow down and smell the coffee  
Control your anger  
Tension buster

## General Mental Health, Wellbeing & Self-Development

### Courses

Problem Solving  
Balance Your Thinking  
Assertiveness Training  
Stop Procrastinating

### Articles

Listen and learn  
Mind the gap  
How to be happy  
The way to mindfulness  
Goal setting  
Living in the moment

### Self-Assessments

General Distress  
Wellbeing

## Bullying

### Courses

Managing PTSD  
Assertiveness Training

### Articles

Be assertive  
Bully for you  
Standing up to a bully

## Obsessive and Compulsive Tendencies

### Courses

Managing OCD  
Assertiveness Training

### Articles

When obsession turns to compulsion  
Washing away the myths  
Freeing yourself from obsession and  
compulsions

### Self-Assessments

Obsessive or compulsive tendencies

## Loneliness and Isolation

### Togetherall Community

Gaining and giving support to the community  
and harnessing creative expression through  
bricks to speak to people from all around the  
world in similar situations

### Articles

Only the lonely

