



Fourth Monkey
Actor Training Company



togetherall

Mental Health Support

Fourth Monkey take the mental health and wellbeing of our students very seriously, and are very pleased to be able to offer all students in the Monkey community access to free online mental health support via the Togetherall platform. Togetherall is a 24/7, online global community supported by trained mental health professionals, providing a safe space in which students can share whatever they may be experiencing or struggling with at any given time, explore and discuss their feelings, plus get creative and learn how to self-manage their mental health and wellbeing via a range of courses and resources. To ensure users feel able to fully express themselves whilst using the platform and its resources, Togetherall is also totally anonymous.

During your induction Week, you will receive a unique URL with which you can join the Fourth Monkey community on Togetherall, allowing you to register and create an account so that you can access the platform and its resources whenever you require them. In the meantime, you can learn more about Togetherall and what they offer via their website: <https://togetherall.com/en-gb>.

