

Free Digital Peer Support

Anonymous, 24/7 mental health community from Togetherall

- Share your story, comment on or read the posts of others, and connect with a supportive global community
- Additional benefits:
 - ✓ Smaller spaces dedicated to specific topics and identities
 - ✓ Courses and techniques to proactively manage mental health
 - ✓ Tools, self-assessments and articles

Go to mylifematters.com & log in with the password **SacState**. Then, click on the Togetherall tile.



LifeMatters[®]

