



January 25, 2021

King's first University in Ontario to integrate Togetherall into broader suite of mental health supports for students

London, ON: With the introduction of Togetherall, King's University College is the first university in Ontario to integrate the 24/7 online mental health platform into its broader suite of mental health supports available to its students. King's is also proud to join the 250 organizations worldwide who have commissioned Togetherall's online service. Providing access to Togetherall's online platform is part of King's ongoing commitment to improving the King's community's mental health and wellness. We remain dedicated to keeping the conversation going on mental health as part of this year's Bell Let's Talk Day and beyond.

Through the Togetherall online platform, King's students can receive peer-to-peer support anonymously through Togetherall's vibrant online community, allowing members from King's to connect with those experiencing similar mental health challenges. To ensure its members' safety and to facilitate a positive and supportive environment for everyone, Togetherall is moderated 24/7 by trained mental health practitioners. These mental health practitioners also help connect King's students to other resources on campus and in the community that may be of help.

Members of the online platform also have access to a variety of tools and services. King's members can write 'bricks,' a feature that allows members to express their thoughts and feelings creatively through drawing, images, text effects, and stories. Members will also have access to an online journal, virtual goal setter, mental health self-assessments, online courses and help from clinically-trained and registered mental health professionals.

Due to the pandemic, mental health resources matter now more than ever, which is why Togetherall is part of a host of health and wellness services offered by King's, including [virtual](#) personal and [pastoral counselling](#), the King's Library Resources on Wellness, King's myWellness Plans, Jack.org, a student club and King's Academic Mentoring Program (KAMP). These services, and many others, currently provide health and wellness support to all students and will be highlighted as part of King's participation in Bell Let's Talk Day on January 28, 2021.

Togetherall's three core principles are access for many, measurable impact, and self-sufficiency.

These values are part of why King's believes that Togetherall is part of the solution and able to provide our community with access to an open, inclusive, and safe community for those struggling with their mental health. Safe, peer-to-peer support is in alignment with the new National Standard of Canada for Mental Health and Well-Being for Post-Secondary Students.

For more information on how King's students can join Togetherall, visit:
<http://togetherall.com/joinnow/kingsuniversitycollege>

The introduction of Togetherall at King's will be part of a larger virtual participation of [Bell Let's Talk Day at King's](#) on January 28, 2021.

Quotes:

Joe Henry, Dean of Students:

"We are proud to be the first university in Ontario to commit to integration of the Togetherall platform into our suite of mental health services and provide extended 24/7 support to students. This service complements our in-person services at King's and Western along with support provided by our CMHA Middlesex partners"

"Togetherall allows the opportunity for authentic peer-to-peer connections. It essentially creates a community where people can support each other. Now more than ever, we need to extend our reach to assist our students. This platform is another tool for our toolbox toward enhancing wellness in our community."

Zainab Al-Jaishi, King's University College Students' Council, Vice-President Student Affairs,
5th Year Double Major Political Science and Social Justice and Peace Studies:

"Togetherall is a great resource for King's students who are struggling or just need someone to talk to. In my own experience, it's often outside of business hours when I find myself most stressed and struggling mentally. I'm very glad that King's has provided myself and all King's students the opportunity to access these resources at any time we would need it."

About King's University College

King's is a public Catholic University College that provides general and honors degree programs in the liberal arts, social sciences, management, and a master's degree in social work. It is positioned in the top rank of institutions of higher learning in Canada for the high quality of its teaching faculty and student experience. Institutionally autonomous, King's is academically affiliated with Western University, and King's graduates receive a Western University degree. King's is open to students of all faith backgrounds, with its community centred on the values of social justice, equality and the education of the whole person.

For more information, please contact:

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