

Togetherall

A digital mental health support service which is available online, 24/7, and is completely anonymous so you can express yourself freely and openly. Visit:

togetherall.com/joinnow/westfieldhealth



You can also access the service through My Westfield

67% of Togetherall members use the service to share their challenges for the first time



Did you know?

- 1 in 4 people will experience a mental health problem of some kind each year in England

Source: Mind

Login to My Westfield to make a claim, check your balances and manage your account.

westfieldhealth.com/my-westfield

Please refer to your Plan Guide for full terms and conditions.

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