

## Waythrough

Waythrough provide free, confidential support for mental health, alcohol, drugs, domestic abuse, supported housing and outreach services to people with mental health difficulties. They can help you find help for yourself or someone you care for. Use their website to find support in your area.

[Togetherall](#) is their online community where people dealing with mental health challenges can anonymously support each other. Everyone over the age of 16 who we support with mental health can access it for free. Togetherall is managed by trained professionals.

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**Telephone:** 01325 731 160

**Website:** <https://www.waythrough.org.uk/>

**Email:** [info@waythrough.org.uk](mailto:info@waythrough.org.uk)

**Twitter:** [https://x.com/Waythrough\\_UK](https://x.com/Waythrough_UK)

**Facebook:** <https://facebook.com/waythroughuk>

**Youtube:** [https://www.youtube.com/@waythrough\\_uk](https://www.youtube.com/@waythrough_uk)

**Cost:** Free

**Address:**

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