



The [Farm Family Wellness Alliance](#) provides free, confidential support for a wide range of life events for farmers and their families by harnessing the best resource in farm family well-being—your community. Access to services starts at Togetherall, a peer-to-peer online mental health community, as well as other services offering one-on-one coaching and counseling.

Farm Family Wellness Alliance services are made possible through Farm Foundation in partnership with Land O'Lakes, Farm Credit, Co-Bank, American Farm Bureau Federation and 4-H.

## What is Togetherall?

Togetherall is a FREE, anonymous, online community that empowers farmers and their families to get and give support. If you'd like to learn more, watch [this one-minute video](#) on YouTube.

## Joining Togetherall

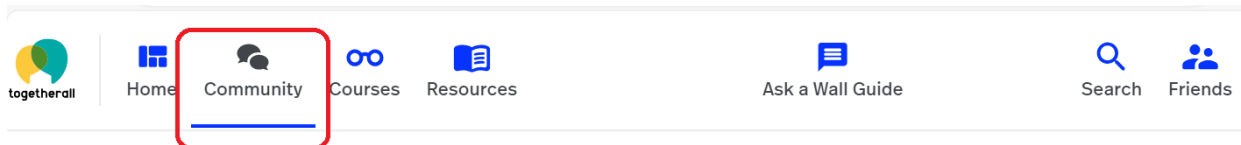
Follow these instructions to join. If you'd prefer to watch a tutorial, go [here](#). If you have any questions, contact Meagan Cramer at [cramerm@kfb.org](mailto:cramerm@kfb.org).

Click the "Join for free" button at [www.bit.ly/togetherallfb](http://www.bit.ly/togetherallfb). This leads you through the sign-up process that includes demographic questions, any concerns you have, your stress levels and how you're feeling. According to Togetherall, this information helps them offer the best support possible and any demographic information is anonymous and aggregated.

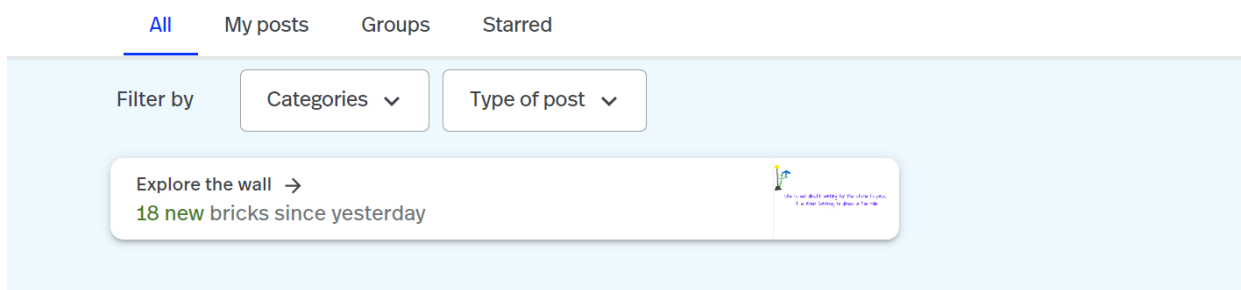
If the information doesn't automatically appear, select "I'd like to search for my organization" then in the "Find eligible organization," fill it with Farm Family Wellness Alliance. Enter your email and an anonymous username.

Once you've created your account, you will need to verify your email. When you receive the email, click on "complete registration." You will be asked to log out, then log back in.

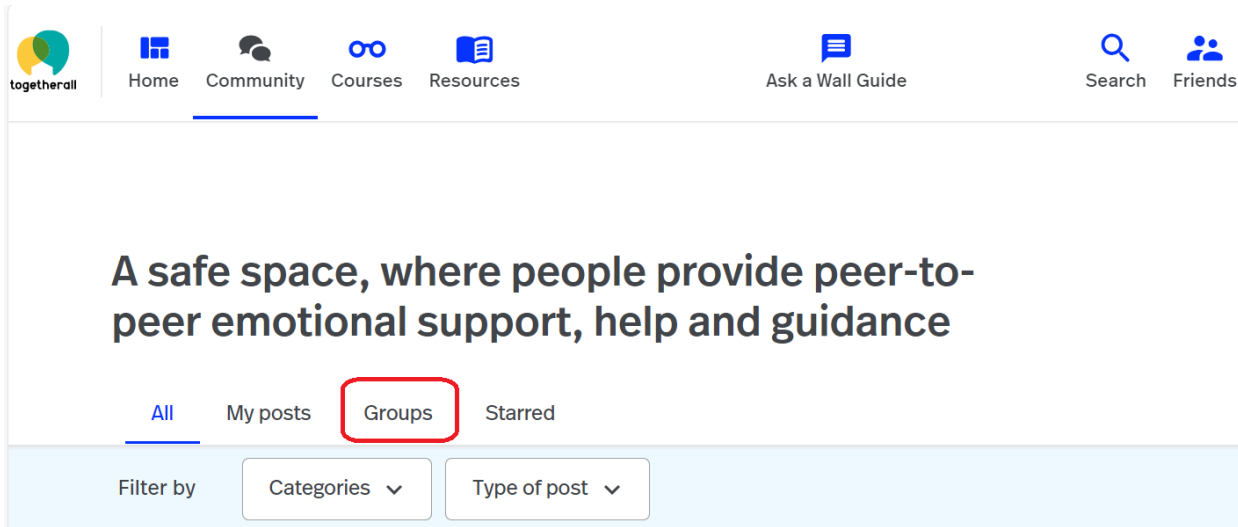
After the series of questions, click on the Community button at the top of the screen.



## A safe space, where people provide peer-to-peer emotional support, help and guidance



Then click on Groups.



This lists all the groups available in Togetherall. To find the agriculture-based group, go to Role-based Groups and click on Agricultural Industry.

You will be asked to read and agree to Group principles. Once you click on the "I agree that I have read the group principles" button, hit Agree and Join Group.

You will now be able to see the posts and comment in the Agricultural Industry Group.