



7 Cups



**SUPPORT IN 140 LANGUAGES.  
PEERS FROM ALMOST EVERY  
COUNTRY & EVERY CULTURE  
IN THE WORLD. 24/7**

## NEED TO TALK TO SOMEONE?

CHAT WITH A CARING INDIVIDUAL  
IN LESS THAN 3 MINUTES.

### Our Vision for You

Whatever you're going through right now, we want to help. You can get support – for free – right now from a volunteer active listener and chat about what you're going through. We care and have your back with 24/7 confidential support.



#### PEER 1-ON-1 SUPPORT

Over 340,000 trained volunteers that provide an empathetic listening experience, who provide 1 on 1 support.



#### COMMUNITY

A vast community of people working together to provide a supportive and understanding forum.



#### THERAPEUTIC EXERCISES

35+ growth paths consisting of therapeutic exercises to help you feel better.



#### THERAPISTS

Search through a directory of caring therapists based on topic, expertise, and location.

### YOU'RE NOT ALONE!

Come find caring listeners on 7 Cups for  
[  
that have gone through what you're going  
through right now.



*"I was overwhelmed with friend, relationship, and school issues, I connected with a listener and feel a lot better now. I'm thankful this service is here. It helps me realize struggles are normal and I can get stronger by working through them."*



Let's connect!