



7 Cups

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

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



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!

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"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!