

Welcome kind soul!

What's this?

Self-isolating is a bad habit we all have when we're struggling. The antidote? Reaching out to friends.

But the helpers can only really help when they have the capacity, so... When you post to this large of a group, even if most of the people can't help, you're virtually guaranteed to have someone that does have capacity. And it just feels better receiving help from someone that you KNOW is willing and able.

How to use this:

If you're emotionally struggling, reach out to all your caring friends.

What sort of things could I post to reach out:

“I could really use a friend right now, anyone?”

“Is anyone available to talk/text?”

“I'm really struggling, I need immediate help.”

Options for different ways to reach out:

1. Post to the group. (Vulnerable as that might feel, the gift of doing this is you instantly let all of us know and you will likely get more help.)
2. If Option 1 is too vulnerable, pick anyone(s) from the thread and message directly. (We hope they'll encourage you to use Option 1 :)
3. If you want to be anonymous, pick a friend you feel comfortable with and ask them to post for you anonymously. They can say, "A friend of ours needs to know who's got capacity to be a friendly ear right now" or anything like that. Others will then reply to the group thread and you can then choose who to reply to and how. (If you let us know when you got your needs met, our nervous systems will be grateful :)

Want to add a friend?

Just click on the group title heading at the top and scroll down to Add a Member.

How NOT to use this:

...for chatting! Chat offline pls.