# \*\*When Professional Help Might Be Needed\*\*

\*Knowing the difference between peer support and professional care\*

💙 \*\*This community is powerful, but it's not therapy.\*\*

We're here to listen, witness, and hold space for each other's growth. But sometimes what emerges through our sacred play needs more than what peer support can provide. Recognizing when that happens isn't failure—it's wisdom.

## \*\*What This Forum IS\*\*

\*\*We're here for:\*\*

- Processing emotions that came up during play

- Exploring why certain scenes hit differently

- Sharing breakthroughs and celebrations

- Working through character/self connections

- Supporting each other's growth journey

- Listening without judgment

\*\*We do this through:\*\*

- Deep listening and witnessing

- Sharing our own experiences

- Asking gentle questions that help you explore

- Holding space for your process

- Celebrating your courage and growth

## \*\*What This Forum IS NOT\*\*

\*\*We're not equipped for:\*\*

- Crisis intervention or suicide risk

- Diagnosing mental health conditions

- Treating trauma, addiction, or eating disorders

- Relationship or family therapy

- Managing psychiatric emergencies

- Long-term therapeutic work

\*\*We don't provide:\*\*

- Professional clinical advice

- Medication guidance

- Treatment plans

- Crisis counseling

- Therapeutic techniques or interventions

## \*\*Signs You Might Need Professional Support\*\*

\*\*Consider reaching out to a professional if:\*\*

- You're having thoughts of harming yourself or others

- You're unable to function in daily life after a triggering session

- You're using substances to cope with what came up in game

- You're experiencing flashbacks, nightmares, or severe anxiety related to content

- You feel completely overwhelmed and unsafe

- You're having relationship or family crises triggered by the roleplay

- You're struggling with eating, sleeping, or self-care after sessions

\*\*Also consider professional help if:\*\*

- You want to dive deeper into trauma work than peer support allows

- You're looking for specific therapeutic techniques or treatment

- You need help developing coping strategies

- You want to explore mental health diagnoses or medication

- You're dealing with complex family or relationship dynamics

## \*\*How to Find Professional Help\*\*

\*\*Immediate Crisis Resources:\*\*

- \*\*National Suicide Prevention Lifeline:\*\* 988 (US)

- \*\*Crisis Text Line:\*\* Text HOME to 741741

- \*\*Emergency Services:\*\* 911 (US) for immediate danger

\*\*Finding Ongoing Support:\*\*

- \*\*Psychology Today:\*\* Search therapists by location, insurance, specialty

- \*\*Your insurance provider:\*\* Online directories of covered providers

- \*\*Local community mental health centers:\*\* Often sliding scale fees

- \*\*University counseling centers:\*\* If you're a student

- \*\*Employee Assistance Programs:\*\* Through your workplace

- \*\*LGBTQ+ affirming therapists:\*\* If identity is important to your healing

\*\*What to Look For:\*\*

- Licensed therapists (LPC, LMFT, LCSW, psychologists)

- Experience with trauma, PTSD, or your specific needs

- Approaches like EMDR, IFS, somatic therapy for trauma work

- Cultural competency for your background

- Gaming-friendly attitude (surprisingly important!)

## \*\*How We Support Professional Help\*\*

\*\*When someone needs professional support:\*\*

- We celebrate their wisdom in seeking appropriate help

- We continue to offer peer support alongside their professional work

- We respect their therapeutic process and boundaries

- We don't try to compete with or replace their therapist

- We remain a safe space for processing what they choose to share

\*\*Remember:\*\* Therapy and peer support work beautifully together. Many people find that having both professional help AND community support accelerates their healing.

## \*\*Boundaries for This Space\*\*

\*\*If you're in crisis:\*\*

- Please prioritize getting immediate professional help

- We'll be here when you're ready to return

- Your safety is more important than any game or forum discussion

\*\*If you're sharing something heavy:\*\*

- We'll listen and witness with love

- We might gently suggest professional support as an additional resource

- We'll continue to support you however we can within our peer support role

\*\*If you're feeling overwhelmed by someone's share:\*\*

- It's okay to step back and take care of yourself

- You can engage with what you can handle and leave the rest

- Professional helpers are trained for the really heavy stuff—we're not

## \*\*A Note on Healing\*\*

\*\*All healing is valid:\*\*

- Peer support through community and roleplay

- Professional therapy and treatment

- Self-care and personal growth work

- Spiritual practices and meaning-making

- Medical intervention when needed

\*\*You don't have to choose just one path.\*\* The most profound healing often happens when we use multiple approaches that support each other.

## \*\*Questions to Ask Yourself\*\*

\*\*"Do I need professional help right now?"\*\*

- Am I safe?

- Can I function in my daily life?

- Is this bigger than what friends can help with?

- Do I need specific tools or techniques?

- Would I benefit from professional perspective?

\*\*"How can I use both peer support and professional help?"\*\*

- What do I share in each space?

- How do they complement each other?

- What boundaries do I need to maintain?

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\*\*Remember:\*\* Seeking professional help isn't giving up on community—it's adding another tool to your healing toolkit. We're honored to be part of your journey however we can best serve you.

💙 \*\*Your healing matters. Your safety matters. Your wisdom in choosing the right support matters.\*\*

\*Questions about finding resources? Want to talk about navigating multiple types of support? We're here for those conversations too.\*