



Free and anonymous chats
with trained active listeners

We believe everyone should have access to a compassionate, caring listener whenever they want to talk to someone.

That's why we built 7 Cups.

We provide an on-demand, round-the-clock emotional support network for everyone across the globe. Connect online through one-on-one text chat and share what is on your mind. All listeners are trained in active listening, a proven method to alleviate stress.

So, what's on your mind?

7cups.com