Making the decision to look deeper into the status of your mental health can be intimidating. We understand, we’ve been there! Join our moderated online forums and find your community. This is a safe place where you can find and talk to other people who might be taking the same medication as you are, those with similar diagnoses, individuals going through loss, etc.

Note that while you may be able to access forums and discussions, you will need to be registered to be able to contribute and post.

Our community guidelines are simple! Failure to follow these guidelines will get you kicked out and blocked. Please keep in mind that we are trying to create a space where everyone who is struggling and/or willing to help those who are, will be comfortable and feel heard.

Guidelines:

No to any forms of bullying, racism or harassment. We do not give second chances with these incidents, so we ask you to be mindful of your interaction with others. If you don’t think you can’t say it to your mom’s face, you shouldn’t be saying it to other people either!

No spam. Please, we have enough baggage in our lives. We don’t need that kind of negativity around here.

Be helpful and relevant. We all want to be heard. Treat others with respect the way you would want to be treated and stay on topic. If you have nothing nice to say or it doesn’t add to the conversation, doodle that stuff down on your journal instead.