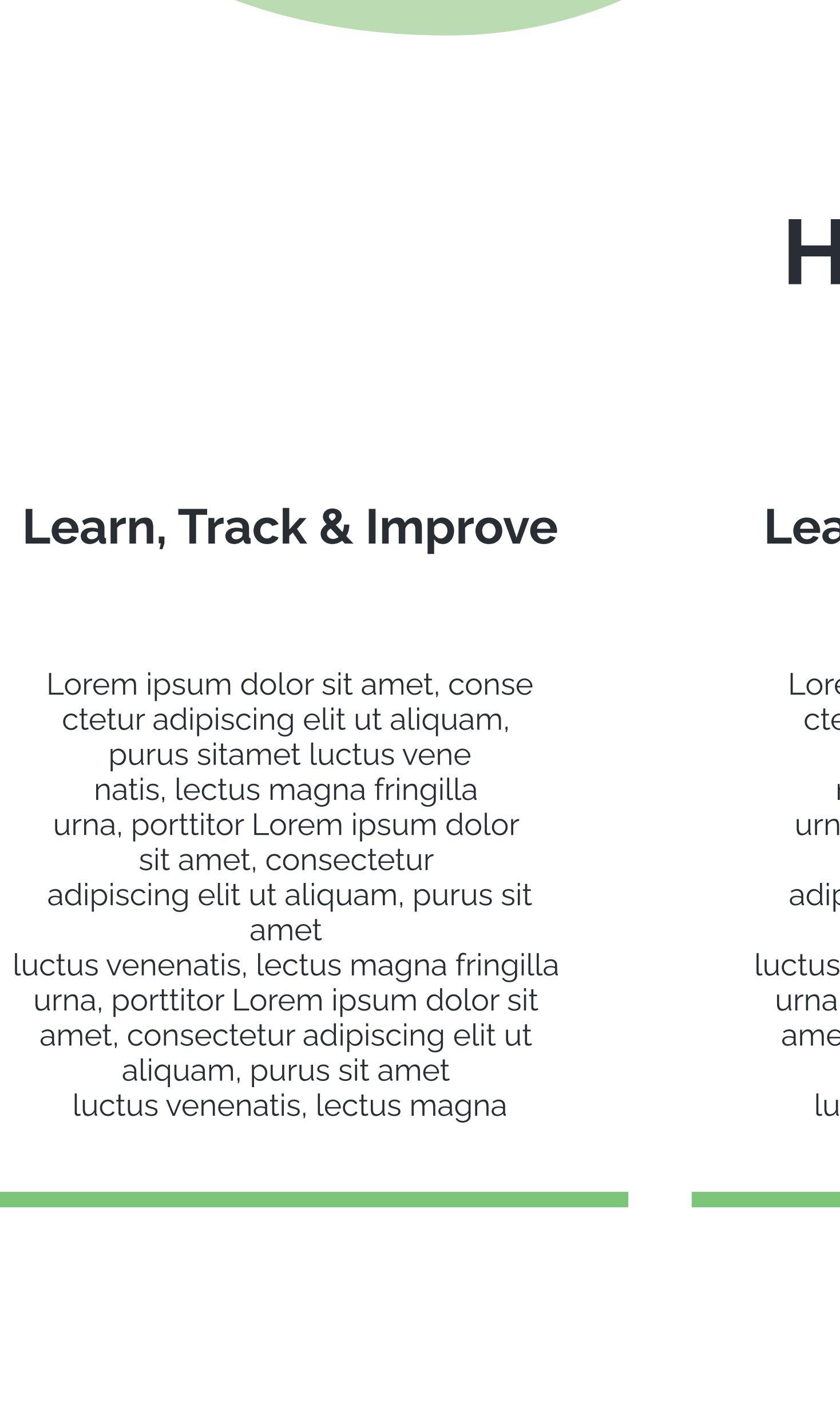
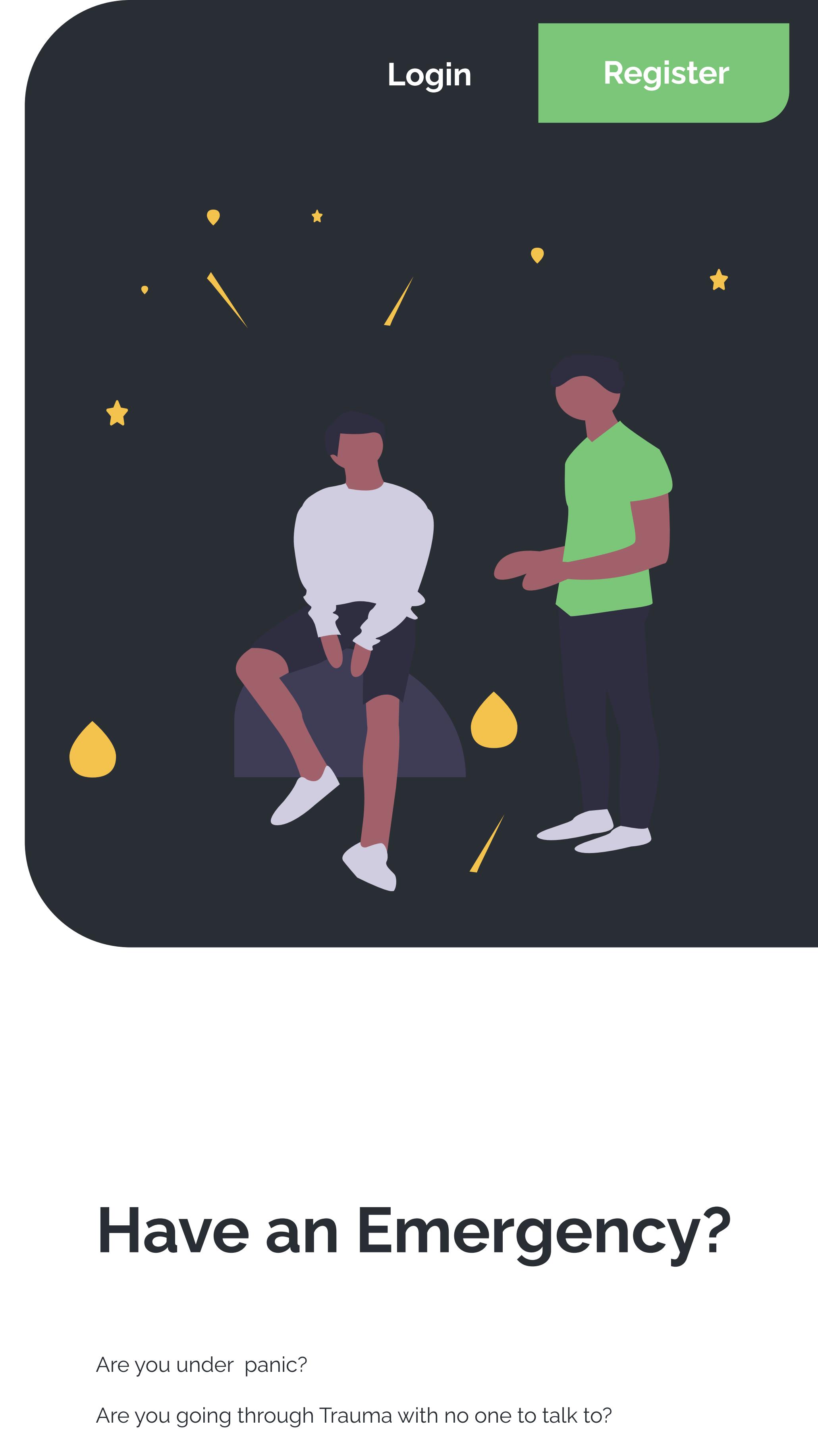


# We got you!

Join a community that cares about your mental health.

A single message can go a long way

[Consult a Volunteer](#)



## Have an Emergency?

Are you under panic?

Are you going through Trauma with no one to talk to?

Communicate your way!

Our Volunteers are available to hear you anyday! anytime!!

[Chat with Us!](#)

## Health Tips

### Learn, Track & Improve

...Lorem ipsum dolor sit amet, consectetur adipiscing elit ut aliquam, purus sit amet luctus venenatis, lectus magna fringilla urna, porttitor Lorem ipsum dolor sit amet, consectetur adipiscing elit ut aliquam, purus sit amet luctus venenatis, lectus magna...

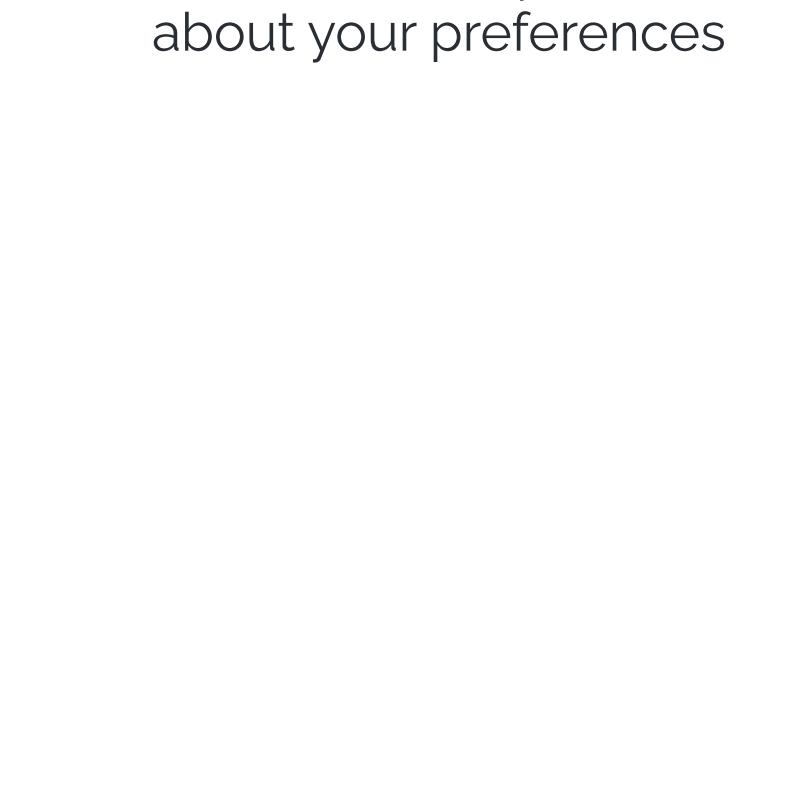
### Learn, Track & Improve

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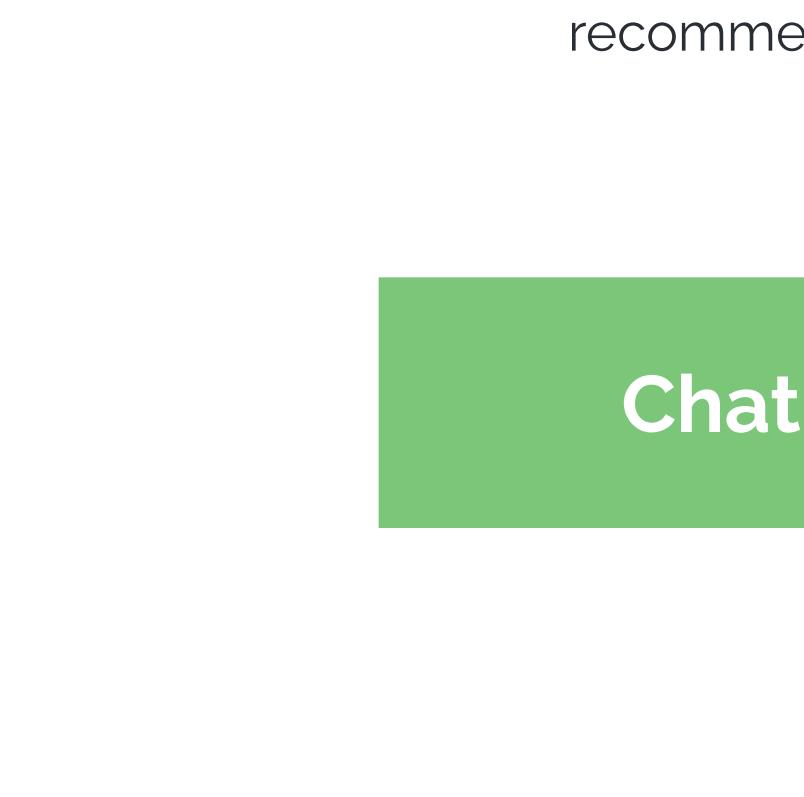
### Learn, Track & Improve

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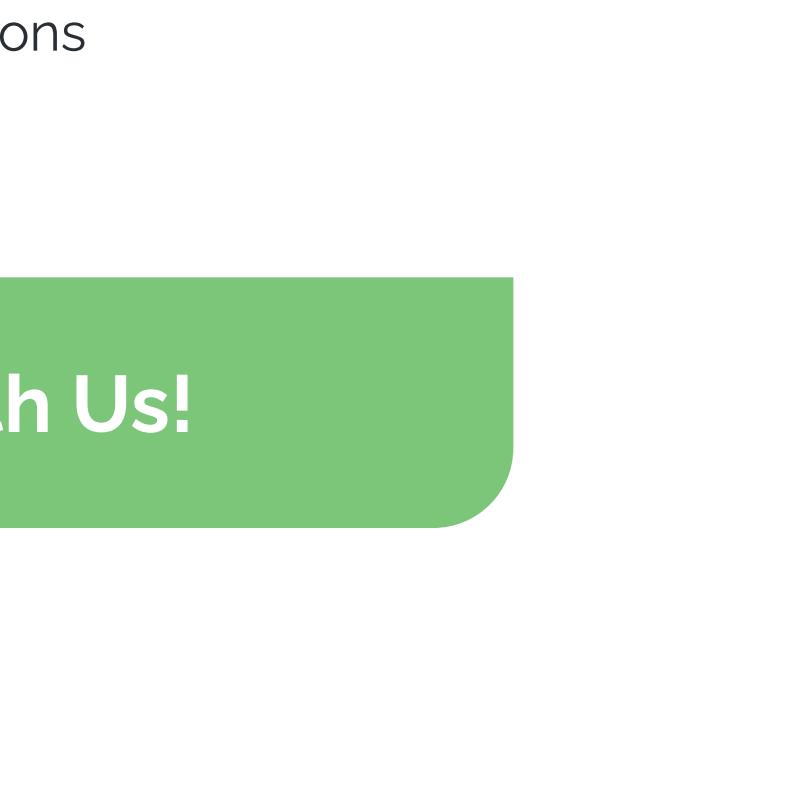
## Our Volunteers



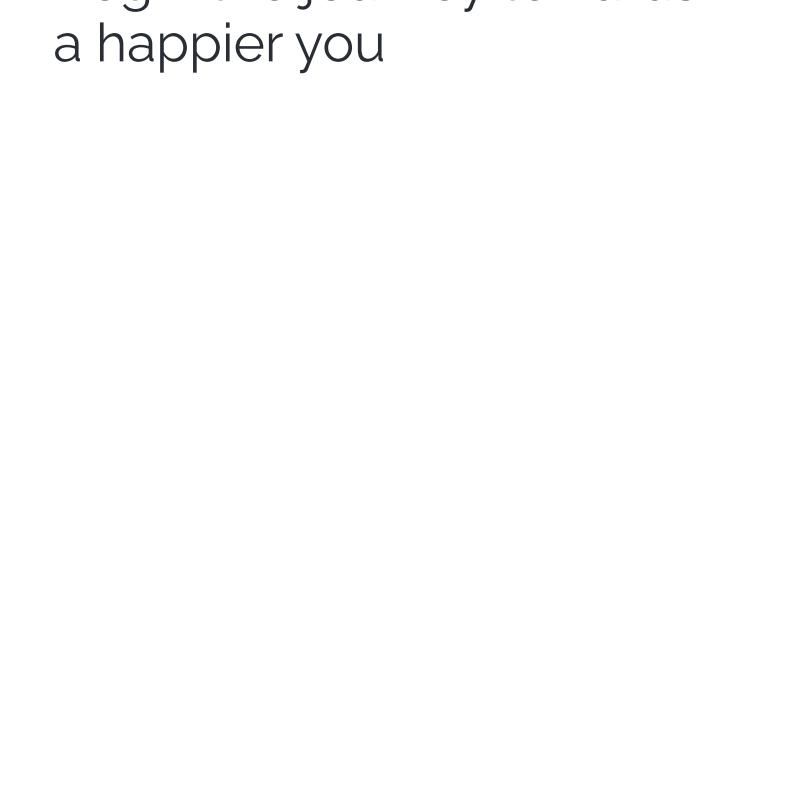
Mental Disorder



General Medicine



Sexologist



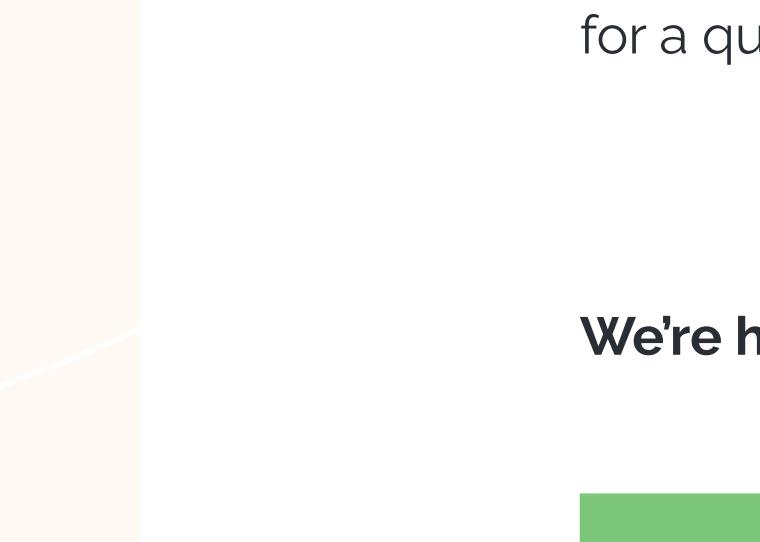
Family & Parenting

## How it works



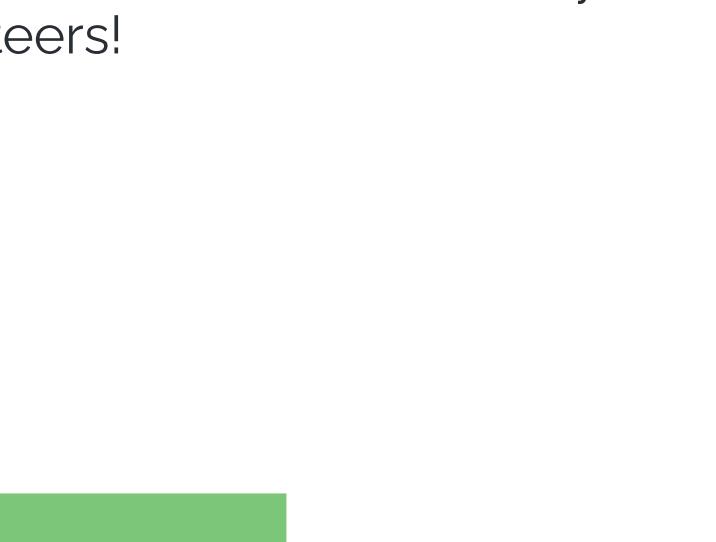
Brief Assessment

Answer a few questions about your preferences



Pick Your Volunteer

Select from a list of recommendations



Start Session

Begin the journey towards a happier you

[Chat with Us!](#)

## Are you a Volunteer?

Having any specialty in a range of:

- Substance Abuse
- Parenting & Family Conflict
- Trauma & Stress
- Grief & Anxiety
- Relationships & Self Esteem
- Sexual Abuse & Rape

Help Students with Mental Health today!

[Sign Up here](#)

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Cruise







# You're not Alone.

Our volunteers are available 24/7

Emergency appoin

Consult a Volun

## Book a Session



Your Session has been scheduled successfully!

You will be notified of a response soon

[Close](#)

[Chat with Us!](#)

## Health Tips

### Learn, Track & Improve

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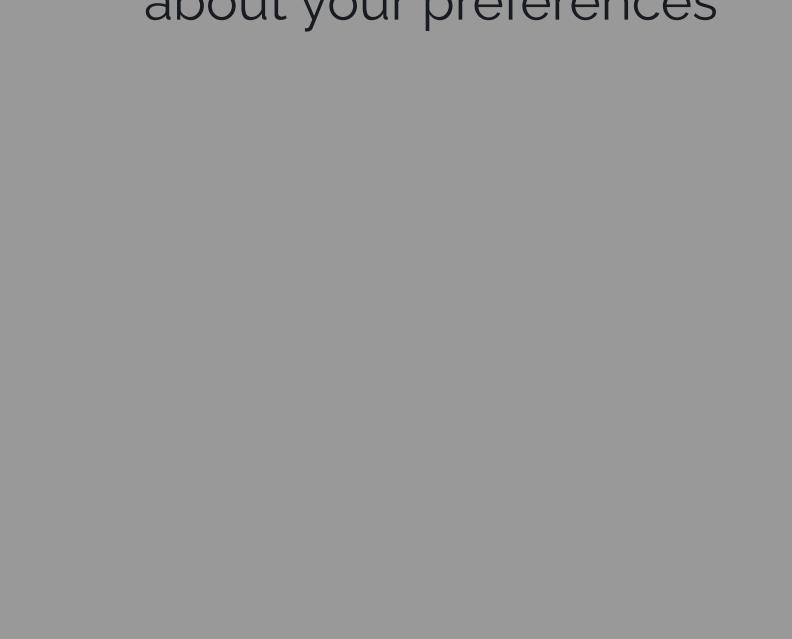
### Learn, Track & Improve

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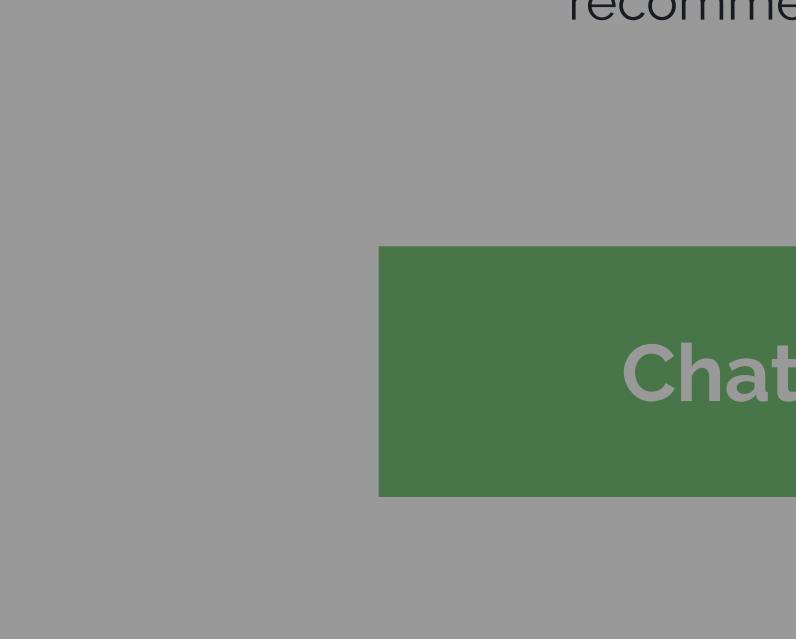
### Learn, Track & Improve

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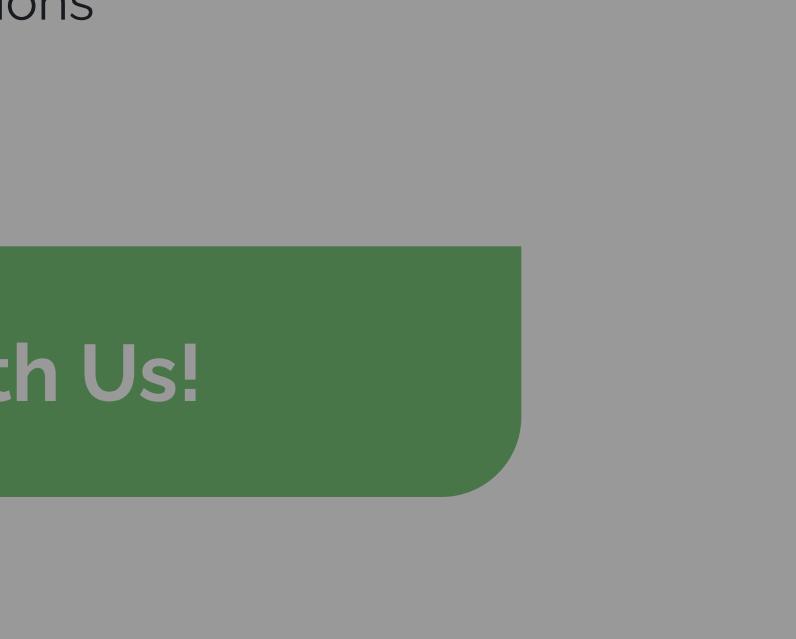
## Our Volunteers



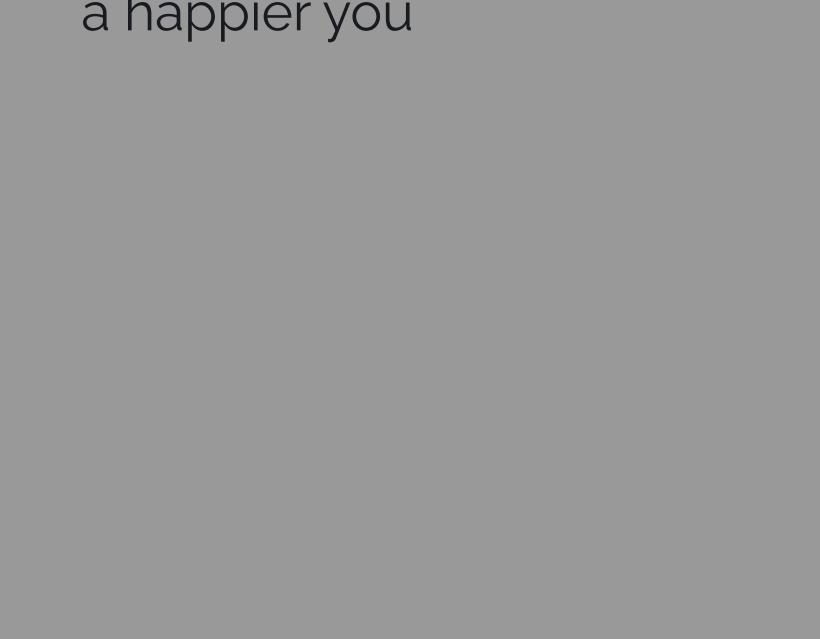
Mental Disorder



General Medicine



Sexologist



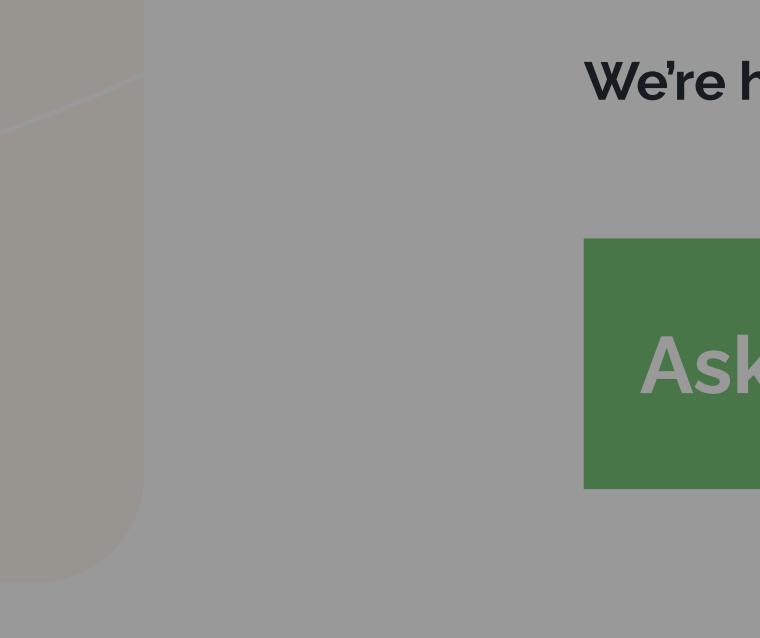
Fitness Expert

## How it works



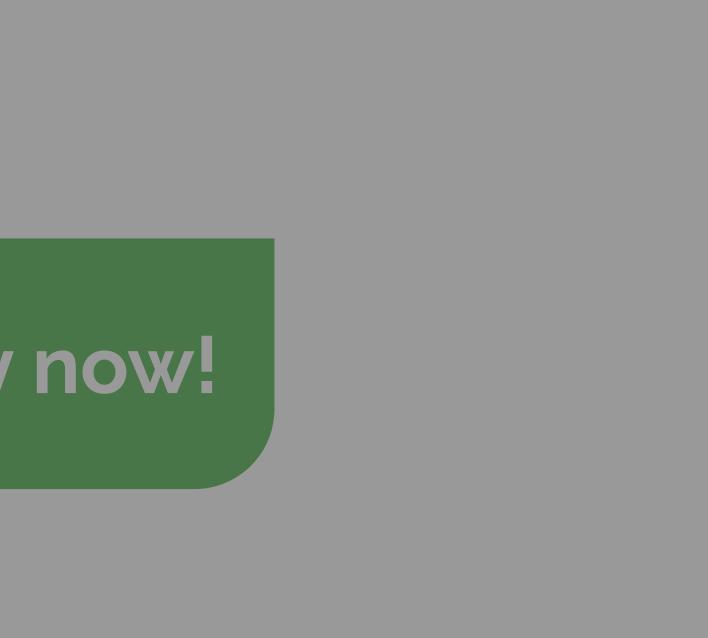
Brief Assessment

Answer a few questions about your preferences



Pick Your Volunteer

Select from a list of recommendations



Start Session

Begin the journey towards a happier you

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You can send a detailed query to our available volunteers!

You don't have to wait to book a session. You can send your query for a quick reply from our volunteers!

We're here for you!

[Ask a healthy query now!](#)

Help Students with Mental Health today!

[Sign Up here](#)

Having any specialty in a range of:

- Substance Abuse
- Parenting & Family Conflict
- Trauma & Stress
- Grief & Anxiety
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- Sexual Abuse & Rape

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Having any specialty in a range of:



# You're not Alone.

Our volunteers are here for you.

Emergency app available.

Consult a Volunteer.

## Chat with Us!

Existing User   New User   Anonymous

Username/Email

 teamCruise

Password

 \*\*\*\*\* 

[Forgot Password?](#)

Your Message

Type your message here

[Login & Continue](#)

Or Continue using:



### Learn, Track & Improve

... ipsum dolor sit amet, consectetur adipiscing elit ut aliquam, purus sit amet luctus venenatis, lectus magna fringilla urna, porttitor ... ipsum dolor sit amet, consectetur adipiscing elit ut aliquam, purus sit amet luctus venenatis, lectus magna

### Learn, Track & Improve

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## Our Volunteers



Mental Disorder



General Medicine



Sexologist



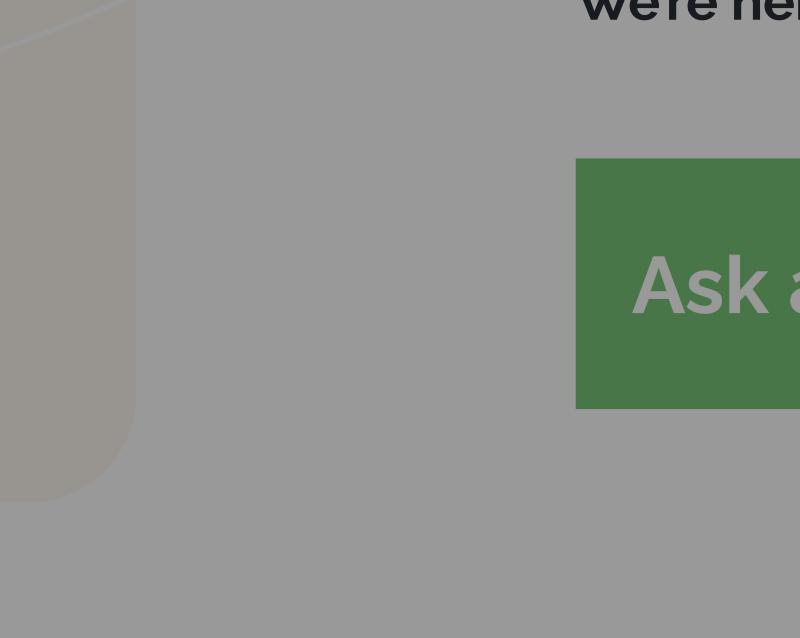
Fitness Expert

## How it works



Brief Assessment

Answer a few questions about your preferences



Pick Your Volunteer

Select from a list of recommendations



Start Session

Begin the journey towards a happier you

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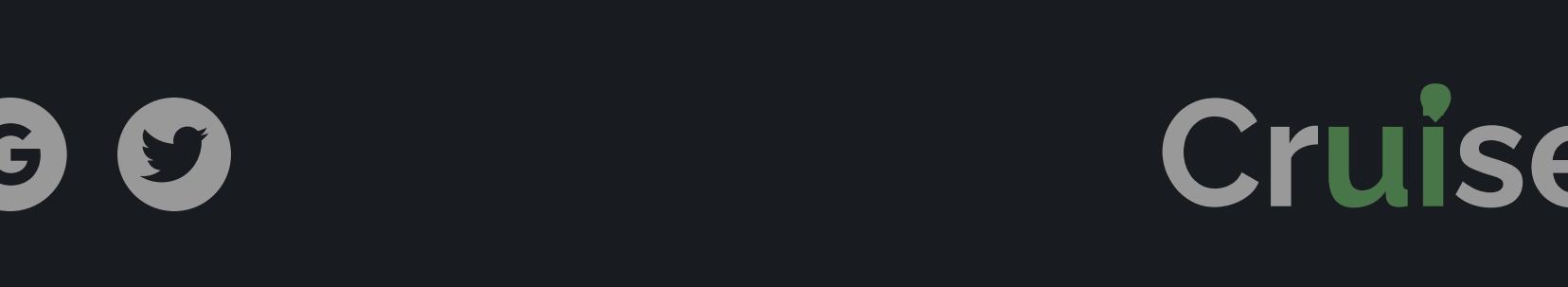
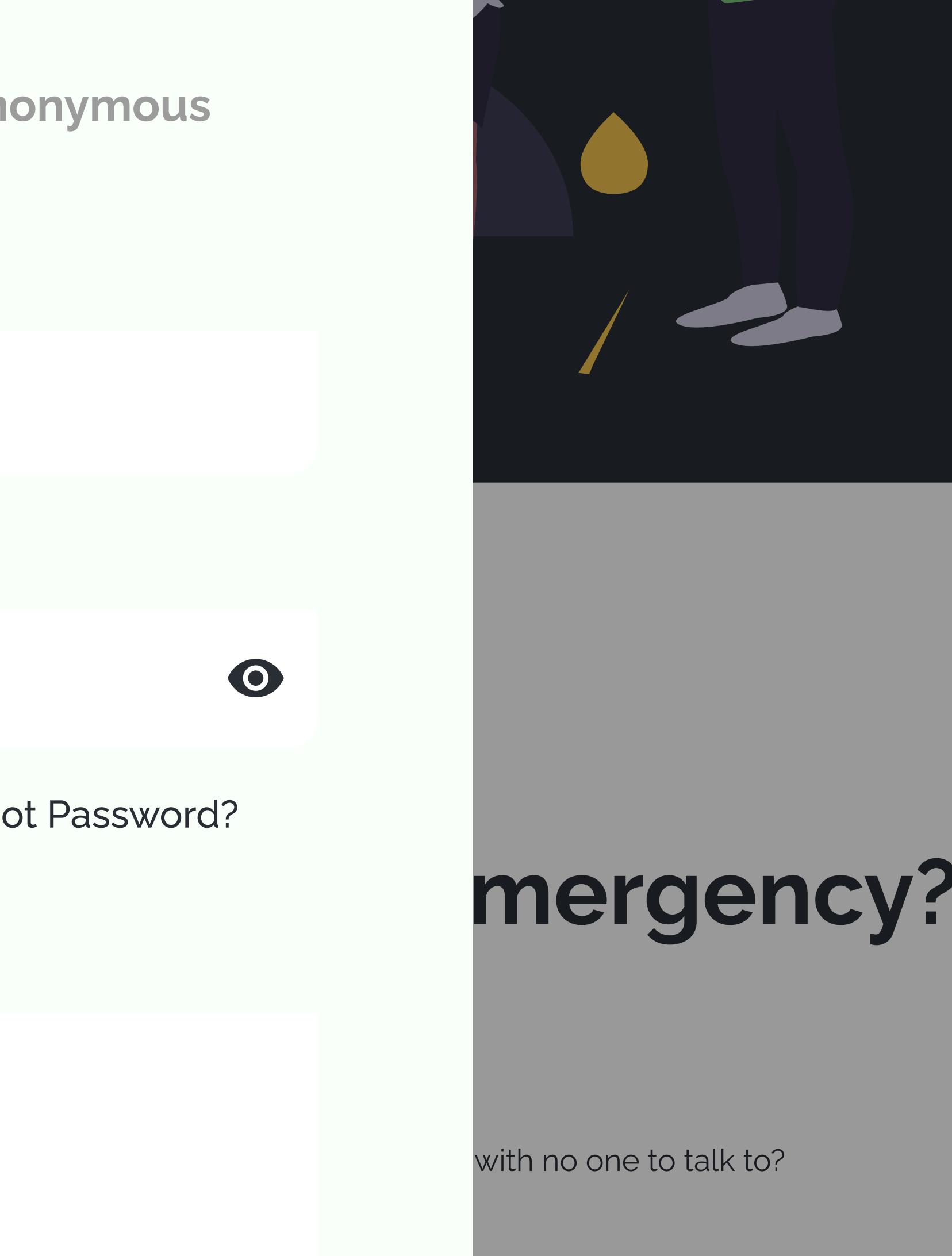
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Help Students with Mental Health today!

[Sign Up here](#)



# You're not Alone.

Our volunteers are available 24/7

Emergency appo...

Consult a Vol...

## Chat with Us!

Existing User **New User** Anonymous

Full Name

Adekunle Ciroma Musa

Email

adekunle@cir...

Username

adexmix2



Phone Number

+234

81902341678

\*\*\*\*\*

✖ Password strength: 5/10 (must be at least 7/10)

✓ Must be at least 8 characters

Your Message

Type your message here

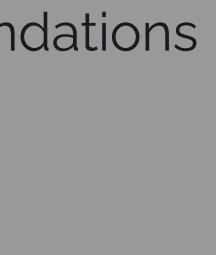
I'm not a robot



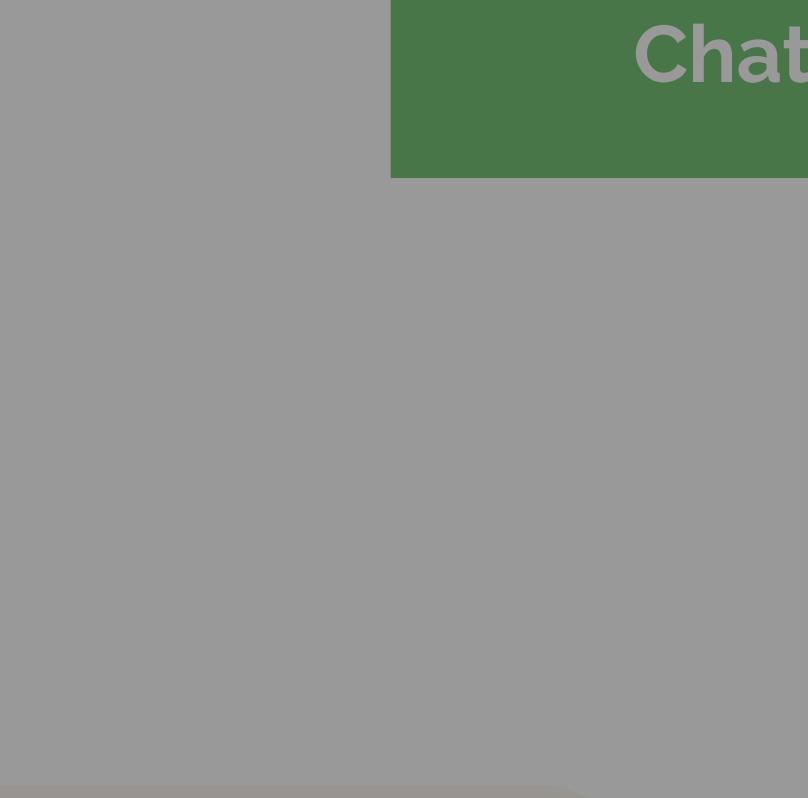
I agree to [Terms](#) and [Privacy Policy](#)

**Register & Continue**

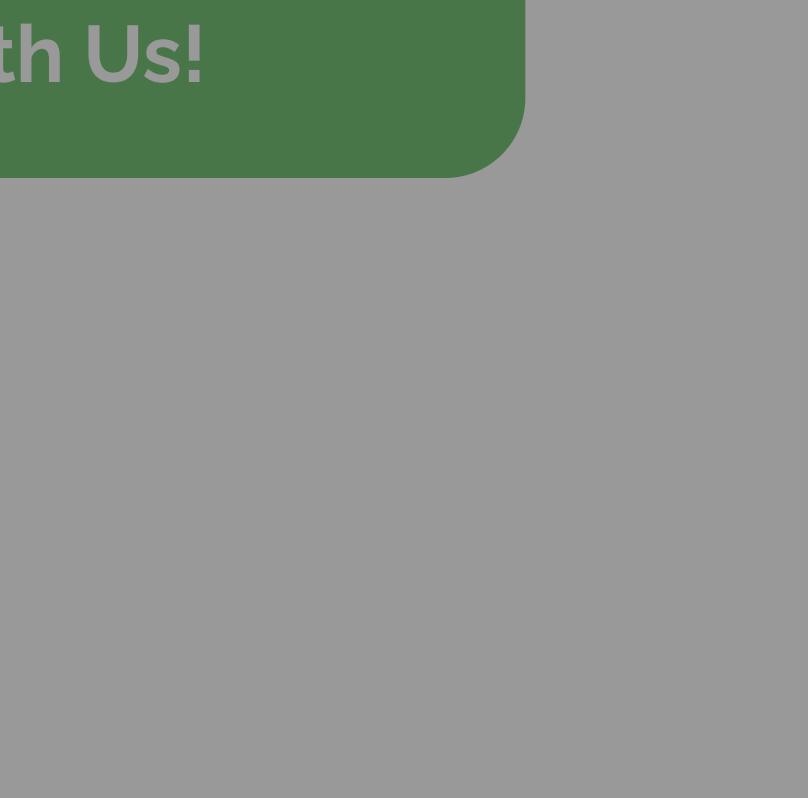
Or Continue using:



Mental Disorder



General Medicine



Sexologist



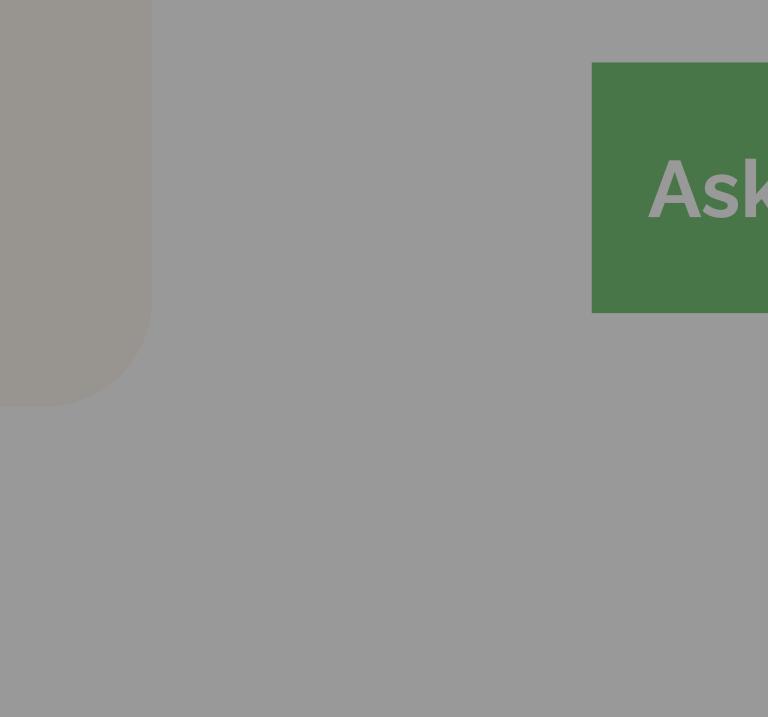
Fitness Expert

## How it works



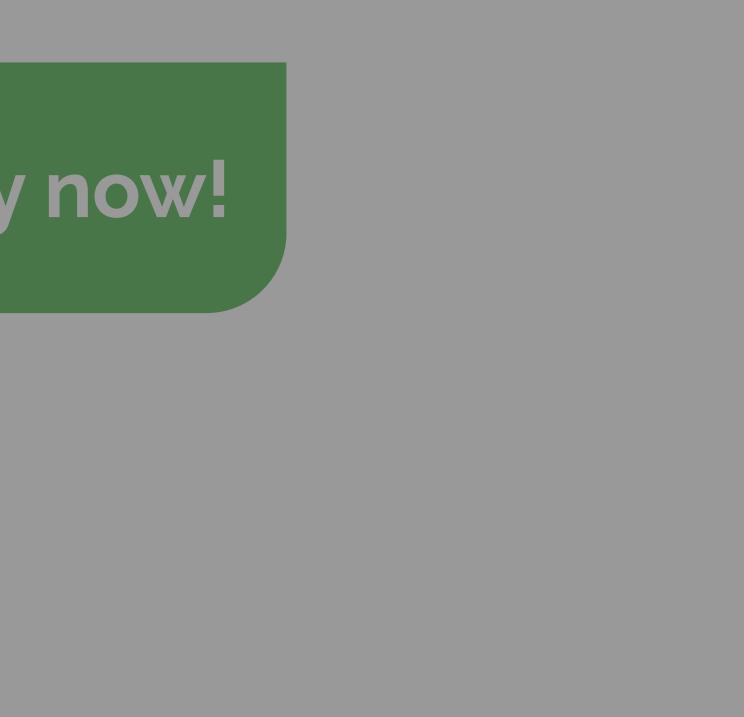
Brief Assessment

Answer a few questions about your preferences



Pick Your Volunteer

Select from a list of recommendations



Start Session

Begin the journey towards a happier you

**Chat with Us!**

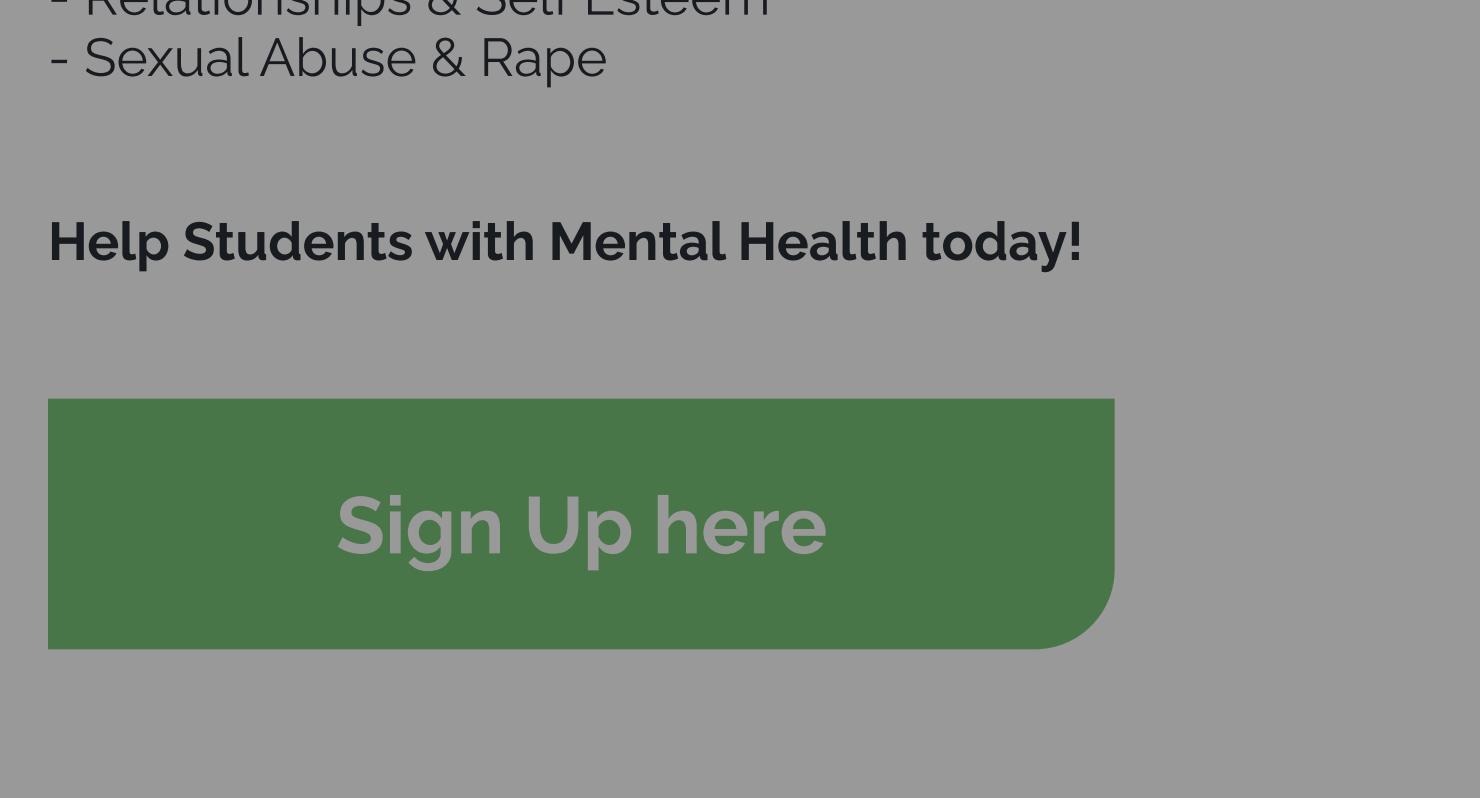
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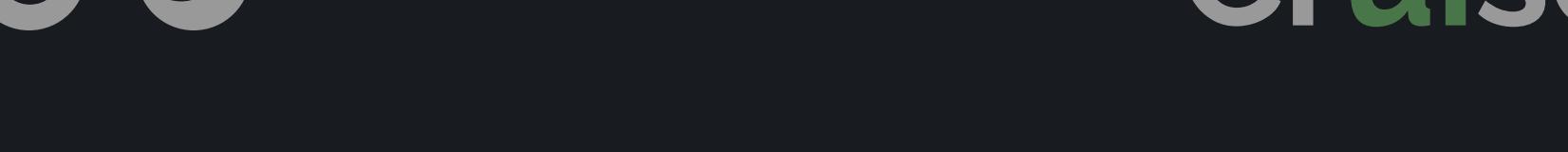


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- Sexual Abuse & Rape



Cruise





Hi Pellumie!

Pellumie

## Welcome to 'Cruise'

## Available Volunteers

**Sharon Ibejih**

Psychologist

...

**Sharon Ibejih**

Psychologist

...

**Sharon Ibejih**

Psychologist

...



## Health Tips from our experts

**"Practice stress management techniques, such as stretching, meditation, and exercise daily"**

← November 2020 →

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 29 | 30 | 31 | 1  | 2  | 3  | 4  |
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 1  |

## Today

- 3:00 p.m - Psychologist

You have a session with Volunteer Sharon



- 8:30 p.m - Therapist

You have a session with Volunteer Sharon

[Add to calendar](#)

We will remind you

- 10:10 p.m - Therapist

You have a session with Volunteer Sharon

[Add](#)



Pellumie

## List of Volunteers

[All](#)    [Available](#)**Innocent Cruise**

Psychologist

...

You can send a detailed query to our available volunteers!

**Sharon Ibejih**

Therapist

...

You don't have to wait to book a session. You can send your query for a quick reply from our volunteers!

**We're here for you!****Innocent Cruise**

Psychologist

...

**Ask a healthy query now!****Sharon Ibejih**

Psychologist

...



## Have an Emergency?

**Sharon Ibejih**

Psychologist

...

Are you under panic?

**Sharon Ibejih**

Psychologist

...

Are you going through Trauma with no one to talk to?

**Sharon Ibejih**

Psychologist

...

**Our Volunteers are available to hear you anyday! anytime!!****Chat with Us!**

## List of Volunteers



All

Available



Innocent

Psychologist



Shareen

Therapist



Innocent

Psychologist



Shareen

Psychologist



Shareen

Psychologist

**Sharon Ibejih**

Psychologist

**Sharon Ibejih**

Psychologist

**We're here for you!**

Your Message

Describe your emergency here

**Start Chat****Have a Question?**

Detailed query to our available volunteers!

They wait to book a session. You can send a quick reply from our volunteers!

**We're here for you!****a healthy query now!****Is it an Emergency?**

Clinic?

Through Trauma with no one to talk to?

Communicate your way!

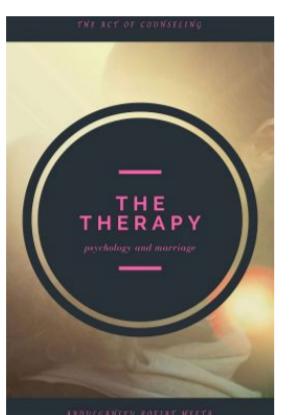
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**Chat with Us!**



Pellumie

# Online Library

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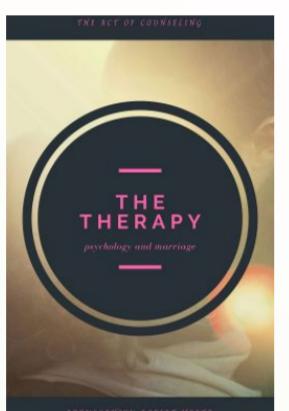
## Psychology and Life

Learn how to cope with life and everything thereof to be someone in life and active.....

Created by: Lansley J

...

★★★★★ 4.0  
(2340 ratings)



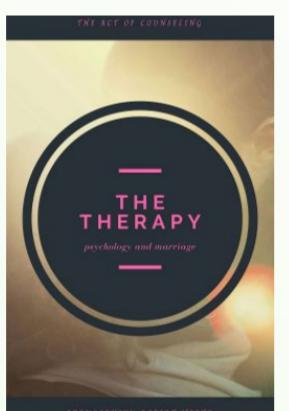
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Heart icon  
Bookmark icon



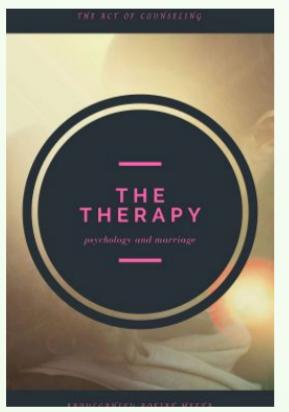
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Created by: Lansley J

Heart icon  
Bookmark icon  
Star icon

### Chatper One

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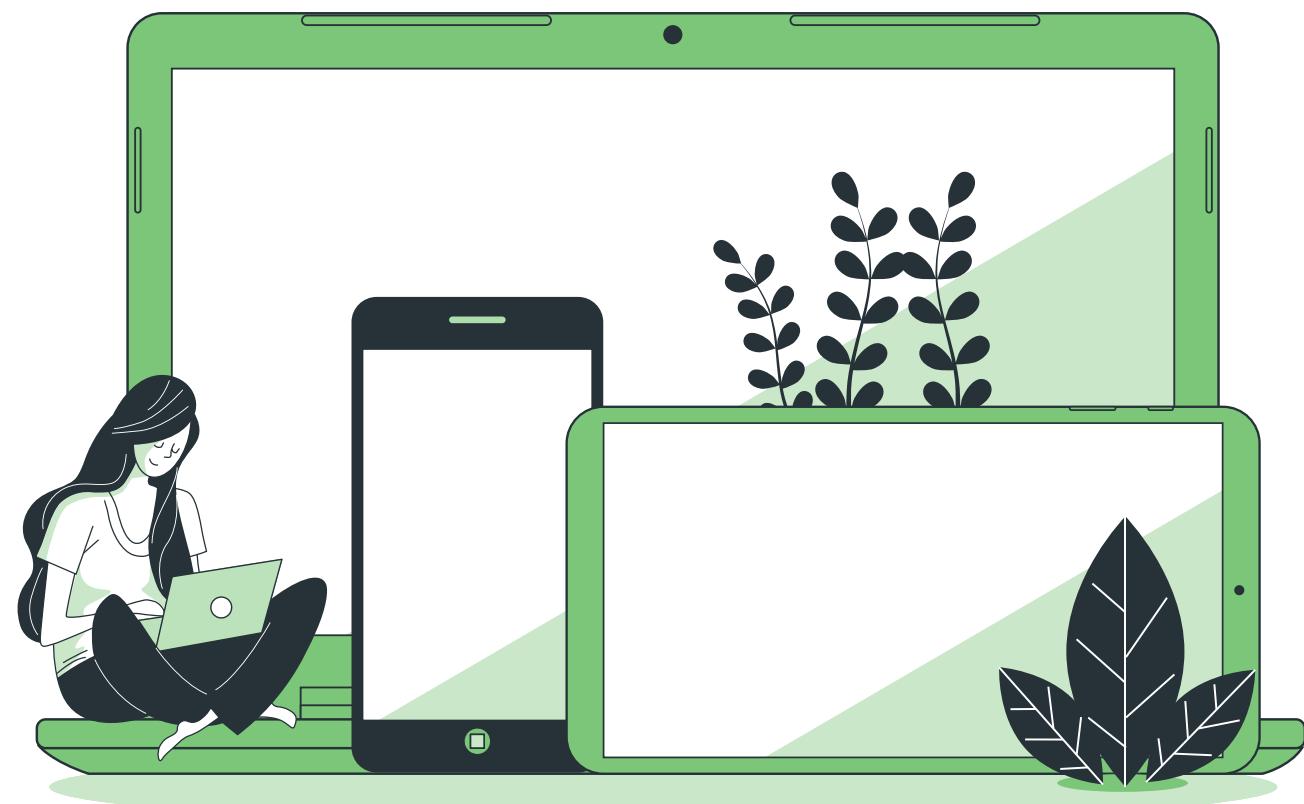
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# Login to stay Connected



Username/Email



teamCruise

Password



\*\*\*\*\*



[Forgot Password?](#)

**Login**

**Register**

Or Login using:





Pellumie



## List of Volunteers

All

Available

**Innocent Cruise**

Psychologist

**Sharon Ibejih**

Therapist

**Innocent Cruise**

Psychologist

**Sharon Ibejih**

Psychologist

**Sharon Ibejih**

Psychologist

**Sharon Ibejih**

Psychologist

**Sharon Ibejih**

Psychologist

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Seen 11:30p.m

Hi Jack, Lorem ipsum dolor sit amet, consectetur adipiscing elit ut aliquam, purus sit amet luctus venenatis.



Seen 11:30p.m

Hi Jack, Lorem ipsum dolor sit amet, consectetur adipiscing elit ut aliquam, purus sit amet luctus venenatis.



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Hi Jack, Lorem ipsum dolor sit amet, consectetur adipiscing elit ut aliquam, purus sit amet luctus venenatis.



Seen 11:30p.m

Type your question here

Send

## List of Volunteers

[All](#)    [Available](#)**Innocent**

Psychologist

**Shareen**

Therapist

**Innocent**

Psychologist

**Shareen**

Psychologist

**Shareen**

Psychologist

**Sharon Ibejih**

Psychologist

**Sharon Ibejih**

Psychologist

## Got a Question?

Your Message

Describe your question here

**Send**

## Have a Question?

Detailed query to our available volunteers!

They wait to book a session. You can send a quick reply from our volunteers!

**We're here for you!****a healthy query now!**

## Is it an Emergency?

Clinic?

Through Trauma with no one to talk to?

Communicate your way!

Our Volunteers are available to hear you anyday! anytime!!

**Chat with Us!**

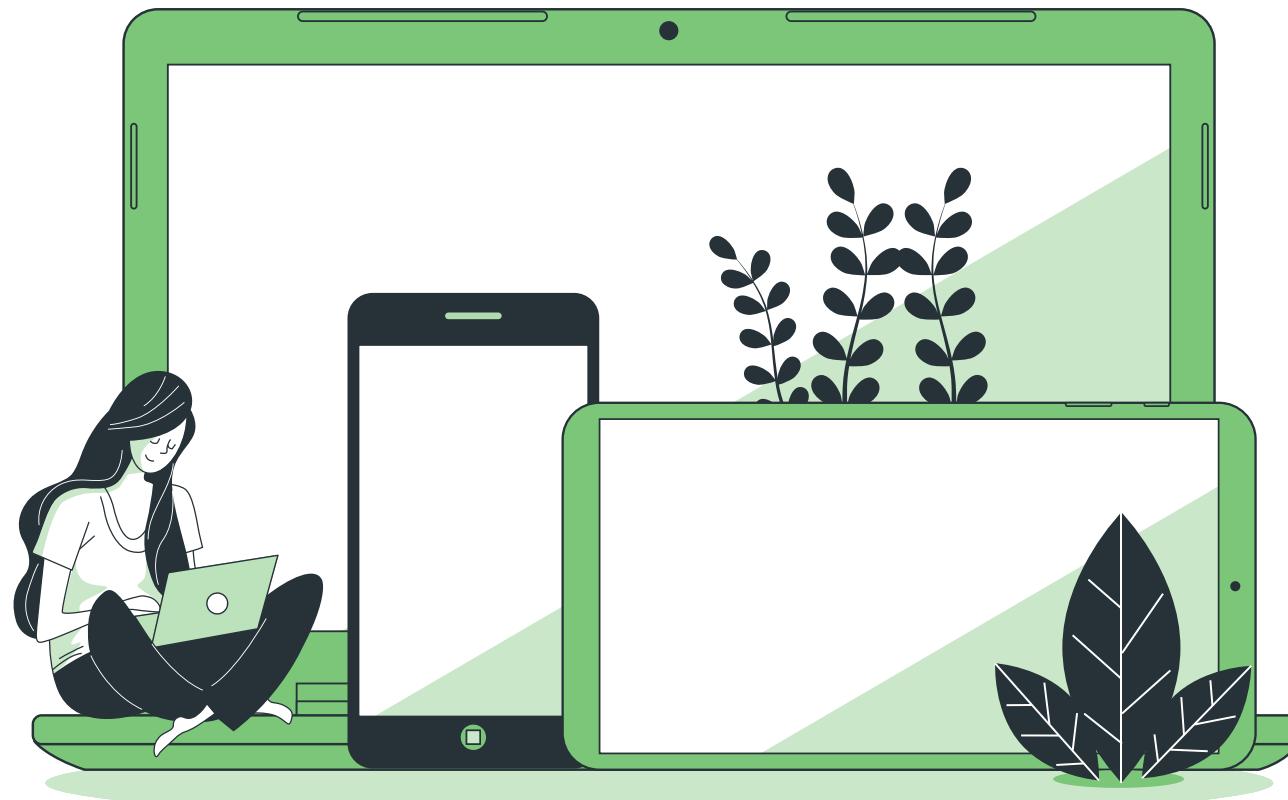


## Reset Password

input your email address for a reset link

example@email

Add a valid email address



Submit

## Join the Community!

Meet with specialists online who are eager to help

### Want to Volunteer?

- Are you a Psychologist?
- Are you an Activist?
- Are you willing to help struggling students?
- Are you a medical practitioner?
- Are you willing to help student struggling with PTSD?

Save a Child Today!

[Create Account here](#)

### Already have an account?

- Communicate your way
- Therapy when you need it
- Answer a few questions to find a volunteer
- Talk to your counsellor however you feel comfortable
- Book a session at your convenience

You deserve to be Happy!

[Login](#)

[Book a Session](#)

Full Name

Adekunle Ciroma Musa

Email

adekunle@cir|

Username

adexmix2



Phone Number

+234 ▾

81902341678

Password

\*\*\*\*\*



× Password strength: 5/10 (**must be at least 7/10**)

✓ Must be at least 8 characters



I'm not a robot



reCAPTCHA



I agree to [Terms](#) and [Privacy Policy](#)

[Create Account](#)

Or Register using:



## Join our volunteer community!

Offer online mental health therapies to people of different age brackets, religions, ethnicities and levels of education.

## Already have an account?

- Communicate your way
- Therapy when you need it
- Answer a few questions to find a volunteer
- Talk to your counsellor however you feel comfortable
- Book a session at your convenience

You deserve to be Happy!

**Login****Book a Session**

Full Name

Chinyere Amadi Joy

Designation

Select answer ▾

Gender

Select answer ▾

Email

adekunle@cir|

Username

merraz007 ✓

Phone Number

+234 ▾

81902341678

**Save & Continue**

## Join our volunteer community!

Offer online mental health therapies to people of different age brackets, religions, ethnicities and levels of education.

## Already have an account?

- Communicate your way
- Therapy when you need it
- Answer a few questions to find a volunteer
- Talk to your counsellor however you feel comfortable
- Book a session at your convenience

You deserve to be Happy!

**Login**

**Book a Session**

## Create Account

### Years of Experience

e.g 5

### Professional Career

Select answer



### Educational Level

Select answer



### Profile Picture

Choose File

No file chosen

### Upload Certificate (Optional)

Choose File

No file chosen

### Password

\*\*\*\*\*



X Password strength: 5/10 (**must be at least 7/10**)

✓ Must be at least 8 characters



I'm not a robot



I agree to **Terms** and **Privacy Policy**

**Create Account**

## List of Volunteers



Anonymous

**Innocent Cruise**

Psychologist

**Sharon Ibejih**

Therapist

**Innocent Cruise**

Psychologist

**Sharon Ibejih**

Psychologist

**Sharon Ibejih**

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Hi Jack, Lorem ipsum dolor sit amet, consectetur adipiscing elit ut aliquam, purus sit amet luctus venenatis.



...



Type your question here

Send



## List of Volunteers



All

Available

**Innocent**

Psychologist

**Shareen**

Therapist

**Innocent**

Psychologist

**Shareen**

Psychologist

**Shareen**

Psychologist

**Sharon Ibejih**

Psychologist

**Sharon Ibejih**

Psychologist

**Your Question has been posted successfully!**

You will be notified of a response soon

## Have a Question?

Post a detailed query to our available volunteers!

They will respond quickly and wait to book a session. You can send a quick reply from our volunteers!

**We're here for you!****a healthy query now!**

## Is it an Emergency?

Call 911

or go to the nearest hospital or clinic?

Or call us

If you are going through Trauma with no one to talk to?

Communicate your way!

Our Volunteers are available to hear you anyday! anytime!!

**Chat with Us!**