



Welcome to the place where everybody helps who.

WHOHELPS was created for all of us dealing with "something", in our life we just want to vent, share or let out, anonymously! Our zero judgement, no strings attached, let your words free, zone is exclusively designed to publicly spill the beans on anything your want to let go. Try ot now for free.

Get started

[Pick an Anonimous Vent tag](#)

JuniorLove

GO

VeggieEATER 99 < I can't take it anymore my life is miserable>

ManfordYoda < Veggie I got the same problem>

<20 more Vent backs>

[Vent Back](#)

PowerRanger98 <My mom is thretining to kill me if I don't help clean the house.>v

TheHustle <She is probably kidding>

[Vent Back](#)

Jonathan < Im in love with a girl that doesnt love me back >

[Vent Back](#)

Feeling like the en is near for me, suicidal and helplessm

VENT

[Create an Anonimous Account to keep track of all your vents](#)

Or just Vent and forget about it

Info

Categories

Self Help

Connect with a Professional

Retreats and Counseling

Get tested

1 in 5 U.S. adults experience mental illness each year

1 in 25 U.S. adults experience serious mental illness each year

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year

50% of all lifetime mental illness begins by age 14, and 75% by age 24

A mental health condition isn't the result of one event. Research suggests multiple, linking causes. Genetics, environment and lifestyle influence whether someone develops a mental health condition. A stressful job or home life makes some people more susceptible, as do traumatic life events. Biochemical processes and circuits and bas