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['violen', 'abus']

https://988lifeline.org/

Call or Text: 988 Veteran Crisis Line For active U.S. service members, veterans, and family members http://www.veteranscrisisline.net

Call: 1-800-273-8255 SMS: 838255 The Trevor Project The Trevor Project is a national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. http://www.thetrevorproject.org Call: 1-866-488-7386 Canada Kids Help Phone For youth under 20 Call: 1-800-668-6868 Canadian Association for Suicide Prevention http://suicideprevention.ca/need-help First Nations and Inuit Hope for Wellness Help Line Call: 1-855-242-3310 (toll-free, 24 hours)

United Kingdom Samaritans http://www.samaritans.org Call: 116-123 PAPYRUS Prevention of Young Suicide HOPELineUK https://www.papyrus-uk.org/

Call: 0800-068-41-41 SMS: 07786-209-697 Weekdays 10:00 AM-10:00 PM, Weekends 2:00 PM-10:00 PM Bank Holidays 2:00

PM-5:00 PM Alcohol or Substance Abuse United States Substance Abuse and Mental Health Services Administration www.samhsa.gov

Call: 1-800-622-4357 (English and Spanish) Call: 1-800-487-4889 (TTY) Domestic Violence Global Chayn https://chayn.co/tools/ Global Network of Women's Shelters https://www.gnws.org/ United States National Domestic Violence Hotline https://www.thehotline.org/ Call: 1-800-799-7233 United Kingdom End Violence Against Women https://www.endviolenceagainstwomen.org.uk/get-help/

National Domestic Abuse Helpline https://www.nationaldahelpline.org.uk/ Call: 0808 2000 247 Hestia - Bright Sky https://www.hestia.org/brightsky

Eating Disorders Eating disorders (such as anorexia, bulimia, and binge eating disorder) consist of extreme emotions, attitudes, and behaviors surrounding weight and food issues.

Eating disorders are serious emotional and physical problems that can have life-threatening consequences for both men and women.

People suffering from an eating disorder may reveal several signs and symptoms including: Chronic dieting despite being hazardously underweight Constant weight fluctuations Obsession with calories and fat contents of food Engaging in ritualistic eating patterns, such as cutting food into tiny pieces, eating alone, and/or hiding food Continued fixation with food, recipes, or cooking; the individual may cook intricate meals for others but refrain from partaking Depression or lethargic stage Avoidance of social functions, family, and friends; becoming isolated or withdrawn Switching between periods of overeating and fasting United States National Eating Disorders Association www.NationalEatingDisorders.org 1-800-931-2237 Gambling Addiction Someone with a gambling addiction differs from a casual gambler in that they are unable to stop after hitting their "limit" in an effort to recoup their invested money, regardless of the future consequences.

The MayoClinic lists that signs and symptoms of compulsive gambling (gambling disorder) can include: Being preoccupied with gambling, such as constantly planning how to get more gambling money Needing to gamble with increasing amounts of money to get the same thrill Trying to control, cut back or stop gambling, without success Feeling restless or irritable when you try to cut down on gambling Gambling to escape problems or relieve feelings of helplessness, guilt, anxiety or depression Trying to get back lost money by gambling more (chasing losses) Lying to family members or others to hide the extent of your gambling Jeopardizing or losing important relationships, a job, or school or work opportunities because of gambling Resorting to theft or fraud to get gambling money Asking others to bail you out of financial trouble because you gambled money away United States & Canada GamTalk www.gamtalk.org 1-800-522-4700 (US) 1-800-633-649 (TTY) 1-866-332-2322 (Canada) 1-844-TU-VALES (Espanol) FAQ

What should I do if I see someone posting about self-harm in Chat?

If you know the user personally, and you believe them to be in danger, please contact their local authorities immediately.

['abus', 'violen']

Communicate your belief in your friend’s capacity to tolerate distress and find their way through it.

Believing in someone else often helps them believe in themselves.

Trust your Instincts.

If a friend shows signs of a serious or unremitting problem, urge them to seek professional help.

A friend knows the limits of friendship and realizes they can not take ultimate responsibility for someone’s safety or well-being.

Getting Help Suicide and Crisis Prevention Alcohol or Substance Abuse Domestic Violence Eating Disorders Gambling Addiction FAQ Company About Legal Blog Help twitch.tv ↗ Newsroom Safety News Press Terms of Service Privacy Policy Ad Choices Cookie Policy Partners Affiliates © 2023 Twitch Interactive, Inc.

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