twitch.json

misinformation

Page ID: 28

Source: https://help.twitch.tv/s/article/twitch-cares-mental-health-support-information

['trust']

Withhold Judgment Friends can sometimes see a bad decision in process and anticipate a painful outcome.

A true friend offers perspective, and may have an opinion, but will support you even when you make a mistake, and won’t shower you with “I told you sos.”

People are Resilient Even a struggling person has strength and resources to cope.

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.

Are there resources specifically for LGBT+ users who may be struggling?

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

Learn more and find additional resources provided by The Trevor Project on their website:

http://www.thetrevorproject.org/.

What if I witness or believe someone is struggling from alcohol or substance abuse?

['authentic', 'fraud']

People suffering from an eating disorder may reveal several signs and symptoms, some which can include: 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.

May become isolated and withdrawn Switching between periods of overeating and fasting If you or someone you know, or if you suspect another user, struggles from an eating disorder, help is available.

National Eating Disorders Association www.NationalEatingDisorders.org 1-800-931-2237

What if I believe someone is struggling with a 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 If you believe someone is struggling with a gambling addiction, whether online or IRL, there are resources to help.

GamTalk www.gamtalk.org

1-800-522-4700 (US) 1-800-633-649 (TTY) 1-866-332-2322 (Canada) 1-844-TU-VALES (Espanol) Was this article helpful?

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