

A guide to all [of our rooms](#) and their unique purposes:

Adults

- Support Room 24/7: Known as SR, this room is the core, around-the-clock hub for active emotional support. It is designed for deeper, more focused conversations about mental health, personal struggles, and daily challenges.
- Member Community Room: Well known as MCR, this room is designed for purely casual, off-topic general chat and lighthearted socialization. It serves as a relaxed space where members can decompress, make friends, and connect over everyday interests
- Social Support Room: Sometimes members may not need a full support chat, but they may want more than casual small talk. The Social Support Room is meant to offer that middle ground: a warm, low-pressure space for connection, encouragement, and shared activities. (Read more about this room [here](https://www.7cups.com/forum/groupmod/General_2446/AnnouncementNewTrialRoomSocialSupportRoom_381161/))
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- Sharing Circle: The Sharing Circle (SC) is a **structured, hourly group-listening environment** designed for members to take turns expressing whatever is on their minds in a safe, non-judgmental space. Hosted by volunteers, this room operates on a queue system where members are given an uninterrupted block of time (typically 5–7 minutes) to share their feelings, experiences, or struggles while the rest of the room actively listens and offers validation.
- Welcome Lounge: This room serves our brand-new users. It's an open chat space where new users can drop in, introduce themselves, and get oriented before they set out on their 7 Cups journey. It is visible to those with the Newbie badge.

- Listener Support Room: Also known as the LSR, it is a dedicated space where Listeners can ask questions related to the practice of listening, navigate their listener journey, and receive guidance and information from fellow Listeners.
- Listener Community Room: Also known as LCR, this is the Listeners' relaxed, casual hangout space. It is designed for building camaraderie, making friends, playing games, and other decompressing activities.

Teens

- Support Room 24/7: The teens-only version of Support Room.
- Teen Community Room: Also known as TCR, the teens-only version of Member Community Room.
- Teen Listener Room: Also known as TL, the teens-only version of the Listener Support Room.
- (Pop-up) Playground: This teen-exclusive dynamic space is built around fun, engagement, and interactive events. It operates as a designated, safe area where hosts run games and activities designed to bring joy, laughter, and a strong sense of belonging to teen members.

Types of rooms:

1. 24/7: Support Room(s), Community Room(s), Sharing Circle, and LSR/TL.
2. Pop-ups: Pop-ups are sessions, either impromptu or scheduled via [the Community Calendar](#), in topic-based rooms.
3. On the listener side, you're likely to see the Listener Community Room or Listener Discussion Room - [Learn how to become a discussion host here](#)
4. Rotational: Rooms for specialized, topic-focused support that open on a set weekly schedule rather than being available 24/7.
5. [Huddles](#): A Huddle is a closed group where the same participants meet up to provide continuous support and social connection to each other over multiple weeks.

Wellness Accountability Huddle - [Learn about it and how to enroll here](#).

Best Practices

Please read these posts to understand how to interact in the rooms and set yourself up for success to get the very best out of the rooms:

1. [Group Etiquette for an Inclusive Space](#)
2. [Listener Rooms Etiquette](#)

Quick Tips for New Members:

- Every chatroom has its own room description under “Group Info” on the right side of any room window when you’re using the desktop/site version of 7 Cups.
- You can find the **Group chat rules** by clicking the three dots (...) on the top right-hand side of the room window.

Want to help us boost safety and engagement in the rooms to make them even better? Leave a comment below with the room or role you might be interested in exploring, and I’ll link you the appropriate posts to check out!