



Welcome Pack – Member

Welcome to 7 Cups Community!

Hi there! We're so excited to have you join the 7Cups community. You've taken the first step toward your journey of connection and support. **Welcome!**

To help you get started, we've put together a **quick guide** with essential information. Whether you're new to 7Cups or a returning member, these resources will be invaluable.

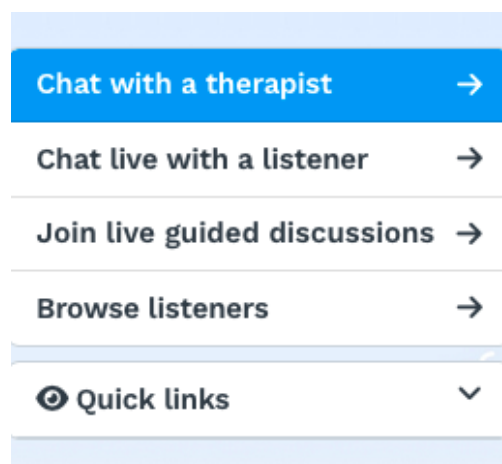
Inside, you'll find:

- **Tips for connecting** with other users
- **Helpful resources** to guide your journey
- **Guidance on** getting the most out of your 7 Cups experience

Remember, you're not alone. We're here to provide a safe, supportive space where you can connect, share, and grow. **Let's embark on this journey together!**

Quick Overview!

<https://www.7cups.com/chat/>



Connect with a listener!

If you need a 1-1 support session, please connect with a listener either by clicking “Chat live with a listener” or click on “Browse listeners”!

You can also visit the page by entering the url: <https://www.7cups.com/BrowseListeners/>

Tip: Click on the Filters feature on the Browse Listeners page and apply filters like Topic, Language, and Gender as per your concerns/needs to connect with a suitable listener to get all of the support you need.

Need to talk to someone?

Find Keywords	Sort By	Q Search Fewer Filters
Listeners by age...	Show Listeners & Therapists	
Country	Topic	
Gender	Language	

Group Chat Rooms!

Meet other community members in the group chat rooms. In the chatroom, you can connect to **Support Room 24/7** to get support or **Member Community Room** for lighthearted chats with fellow members and listeners. Connect with them, share your story/ experiences, and listen to them in a therapeutic environment.

You can visit it by clicking on the “Group Support Chat” feature in the “Chat” menu or copy this url in the browser to land on group chat room list page:

<https://www.7cups.com/connect/groupChatrooms.php>

Daily Events you can participate in!

- **Join Sharing Circle Sessions:** Sharing Circle is a supportive, structured room where members may join the queue and take turns to share and get support for 7 mins each. Each sharer should be given the space and time to share what is on their mind without judgment, questions, or advice.

Here is some more information on [how Sharing Circles work](#) , [Participation Guidelines](#)

To join the Sharing Circle Room, please go to the Group Support Room List [here](#) & click on Sharing Circle Room to join in!

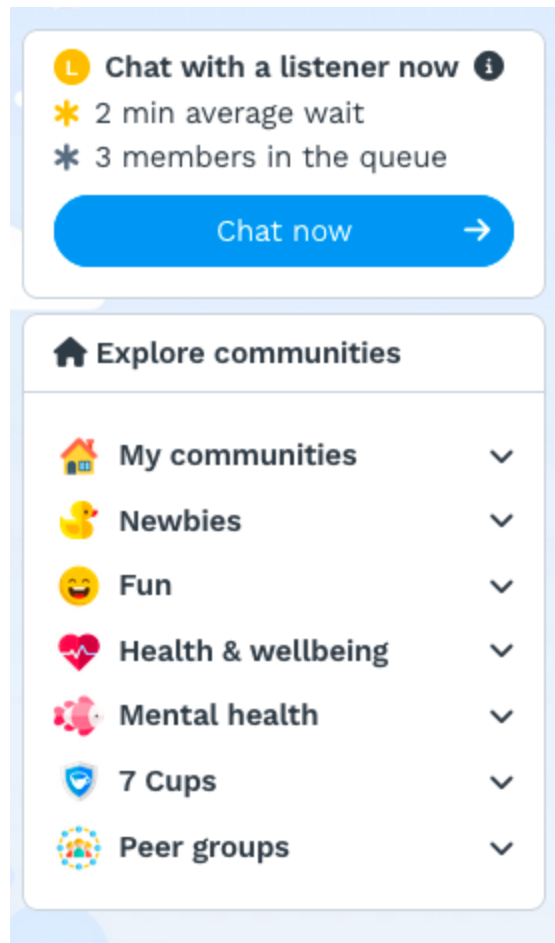
- To unlock more chat rooms, please read this post to know what badges you might need to access them! <https://tinyurl.com/accessgroupsupportchats>
- For more events, please [view the Community Calendar here!](#)

Communities!

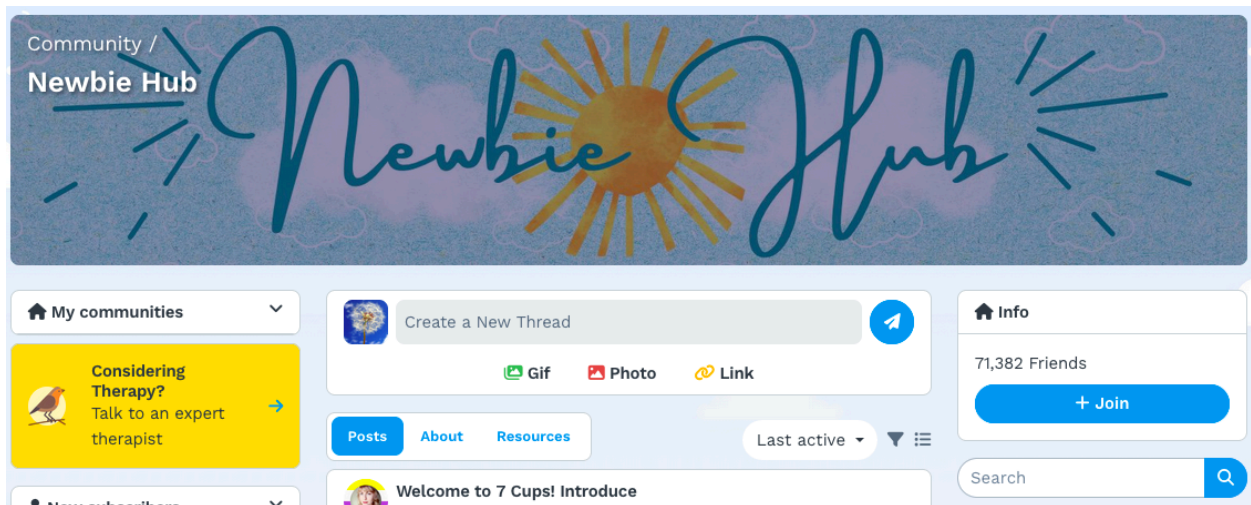
Join 30+ communities focused on providing support, and resources on different topics like Anxiety, Depression, Trauma, Positivity, Relationship etc.

Please visit <https://www.7cups.com/home> & on the right-hand side click on the sections to bring up specific forums.

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Click +Join to subscribe to the forum and begin posting!



Self-Help Guides!

You can also access 40+ self-help guides that are filled with all the basic information you might need to know to understand a mental health topic and how to make it better! Please click here: <https://www.7cups.com/supportGuides/selfHelpGuides.php> to access them.

Q&As!

We also have 35+ topic categories where you can ask a new question or check the answers to questions already listed to find if you find one related to your concerns. To access them, click here: <https://www.7cups.com/qa/>

Mindfulness Exercises!

Access 19 categories of mindfulness exercises that you can use to feel more relaxed, calm, and grounded. Here is the list of it! <https://www.7cups.com/exercises/mindfulness/?showlist=1>

Looking to sign up for Therapy?

Learn about what we offer here: <https://www.7cups.com/online-therapy/>

Browse our directory of licensed therapists here:

<https://www.7cups.com/therapists/search.php/>

Safety & Reporting!

We care for you. Your safety is our priority. To ensure you are safe and everyone in the community, we need your help. Please take two steps to help us maintain a safe environment and community for all.


- Step One: Follow the Community Guidelines. Prevention is better than cure. Ensure you read the community guidelines and follow them strictly. Please go through the community guidelines here: <https://www.7cups.com/about/communityGuidelines.php>
- Step Two: Report any incident through our [Help Desk](#).

Help Center

You can access our [7 Cups Help Center](#) for answers to frequently asked questions as well as submit requests to report a bug or technical issue.

To report a bug, use [this support ticket submission form](#) and select Product Support (Bugs). If you do not receive a reply within 48-72 hours, email community@7cups.com

Note:

7 Cups

Submit a requestSign in

7 Cups Help Center > Submit a request

Q Search

Submit a request

Please choose your issue below

Some forms that you can bookmark and use when needed!

- [Username Change form](#)
- [Account Review form](#)

Community Management Team

We have a dedicated team that helps care for the community. [Follow this link to meet the Admins and learn what each one does to serve the platform.](#)

Stronger together, never alone. Welcome to 7 Cups!