



Mental Wellness Guide

For the **Gamers for Wellness Project Zomboid Server**

by

[Miracle Workers Alliance](#)

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♥ Our Mission – *Miracle Workers Alliance (MWA)*

Let's be real - mental health support shouldn't feel like a corporate handout or a sterile therapy office. That's why we created MWA. We're just a bunch of regular people who've been through our own struggles, now working to make the internet a little less lonely.

Right now, we're:

- Running peer support discussions that can actually feel like late-night/early morning talks
- Calling out toxic online behavior (because nobody needs that extra trauma)
- Fighting to bring mental health resources to communities that get ignored
- Building digital spaces where "how are you really?" isn't just small talk

Yeah, we're waiting on our official nonprofit paperwork (government moves slow), but the work isn't waiting. Every Discord message, game server, and vulnerable conversation is already changing lives.

Our secret sauce? Programs like:

- 🎮 Gamers for Wellness - Where surviving in-game helps you survive IRL and/or advocate for mental health awareness
 - 🤝 Peer Supporters - Certifying real people to support/be there for others
- ...because healing happens best when it doesn't feel like "help"

♥ Program Spotlight - Gamers for Wellness

Where controllers/keyboards become lifelines and respawns mirror second chances

As the gaming arm of MWA, we transform virtual worlds into healing spaces. Here, headshots and healing items share equal importance - because we believe gaming communities should champion both skill development and self-development.

You belong before you even press 'Join Game'.




Whether you're here to:





- Survive the Knox Infection
- Escape real-world struggles
- Advocate for mental wellness for yourself & others
- Or simply exist without explanation

...this server stands as your apocalypse-proof sanctuary.

🛡️ What We Offer with the PZ Server

- 🌐 Community & Social Features

- ☒ **Player-Run Factions & Towns** - We encourage groups to establish their own settlements with unique rules, trade systems, and rivalries.
- ☒ **Weekly Events** - Host themed nights (e.g., "Horde Night," "Trader Caravans," "Scavenger Hunts").
- ☒ **Discord Integration** - Voice channels for groups, in-game alerts, and a LFG (Looking for Group) system.
-  **Gameplay Enhancements**
 - ☒ **Server Mods** - Enhances our server more from just the vanilla experience.
 - ☒ **Non Pay-to-Win Supporter Incentives** - Unique titles, cosmetic perks, and vehicles.
 - ☒ **Bounty Board** - Players can post bounties on zombies (or troublesome players?) for in-game rewards.
-  **Quality-of-Life Additions**
 - ☒ **Newbie-Friendly Starter Kits** - Care packages for fresh spawns (food, basic tools, a map).
 - ☒ **A Monument for Supporters** - Those that financially support go on the wall.
-  **Roleplay & Storytelling**
 - ☒ **Lorekeeper Role** - A dedicated player/DM who organically shapes the world's story through events.
 - ☒ **Graffiti & Note System** - Players can leave hidden messages or warnings in the world.

-  **"Last Stand" Memorials** - When a player dies, their gear (or a note) is placed where they fell as a tribute.
-  **Community Guidelines**
 -  [Clear Server Rules](#) - We're looking for wholesome vibes & players
 -  [Support Ticket System on Discord](#) - If you need support and they may not be on the server, opening a ticket on our Discord is your best way to reach us.

Survival Tips for Your Mind & Game

Take Care of Yourself (IRL & In-Game)

- Hydrate, stretch, and please log off if Zomboid ever feels overwhelming for you.
- Use /safehouse or /faction to find your people.

Communication Tools

- Press T or Enter to start typing in the chat box
- /say <text>, /yell <text> - Local chat
- /whisper <player> <text> - Allows you to privately message other players
- /all <text> - Allows you to text server wide on the server
- In-game voice chat is completely optional & consent-based.
- Discord [#🧱 chat](#) - A quiet place to decompress.
- Discord [#venting](#) - Anonymously vent about anything.

- Discord [#community-support](#) - If you ever want someone to talk to from the community.
- Discord [#🧠 1-on-1](#) - Need some private support from one of our certified volunteers? *(Our Peer Supporters are not licensed professionals. If they recommend reaching out to a licensed therapist, we highly encourage you to do so. Miracle Workers Alliance is not liable for any advice provided and urges users to seek professional help for critical situations.)*

Join Our Discord

- [Discord voice chat](#) is completely optional & consent-based.
- Dedicated channels for mental health, gaming tips, other gaming servers we host, events, and casual hang outs.
- Where we operate our Peer Support program

Beginner Tips for Project Zomboid


Tip	Why It Helps
Choose beginner towns	Rosewood and Riverside offer defensible locations and useful buildings.
Pick smart traits	Good negatives: High Thirst, Weak Stomach. Positives: Wakeful, Organized,

	Strong. (You can always level up so you don't have to worry about the negatives anymore)
Walk, don't run	Walking avoids exhaustion and helps you stay ready for unexpected dangers.
Use sneak (C) often	Sneaking reduces noise and visibility, avoiding unwanted zombie attention.
Fight only one zombie at a time	Safer combat. Standing on fallen zombies prevents their return.
Loot priority items early	Focus on bags, clothes, & blunt weapons (two handed).
Prefer blunt weapons early	Crowbars, pipes, bats are durable and beginner-friendly.
Watch "Life and Living" TV	Free XP for the first 9 days at 6AM, 12PM, 6PM. Boosted if reading skill books.
Use a toolbox	Keep hammer, saw, screwdriver, nails for building and disassembling.
Rip clothes for bandages	Boil water to sterilize and disinfect bandages.
Use shove and stomp	Reliable moves to control enemies and finish them off.
Use fences/windows strategically	Funnel zombies and manage fights. Avoid sprinting over obstacles.

Avoid early firearm use	Guns attract hordes. Save them for later survival stages.
Mark your map	Use pens/erasers to track safe zones and looted areas.
Never be afraid to run	Escape > death. Overconfidence kills more than zombies, trust us.
Prioritize carry weight	Use bags and containers. Stay under weight limits to maintain stamina.
Use forests to break line of sight	Trees do hide you, but check carefully, they can hide zombies too.
Use Ctrl/RMB for fight stance	Let zombies come to you. Gives you time and distance advantage.
Don't rush to survive	Farm later. Focus on food, water, shelter. Rushing leads to mistakes.
Embrace dying early on	It's part of learning. Adjust difficulty each time to get better.
Watch aim outline & lights	Enable melee aim outline. Turn off lights to avoid attracting zombies.
Block windows and stack furniture	Use planks, curtains, or objects to hide from sight.
Use sheet ropes	Climb down/up from the second floor for safety and escape.


Stay clean	Blood increases zombie detection and can make you sick.
Practice combat early	Clear small groups often. Gaining combat confidence pays off long-term.

Wellness Strategies for PZ

Action	Why It Helps
Team up with others	Fights isolation, builds connection.
Use in-game journals	Great for emotional expression.
Take in-game naps (if RPing)	Models real-life self-care.
Set IRL playtime limits	Prevents burnout in immersive games.
Ask for help	You're never a burden. Our community & staff are always here to help 

Crisis Resources (You Do Matter!)

This server is supportive but not a substitute for professional help. If you're in crisis, please reach out to one of the following options below:

- United States: Text "HELLO" to 741741 (Crisis Text Line) or call 988 (Suicide & Crisis Lifeline).
-  International/More Support: [Available Crisis Resources](#)

Final Words

Your story matters. Whether you're rebuilding society or just logging in to feel less alone, you're part of this community. Thank you for surviving with us, and for proving that even in a zombie apocalypse, healing is possible

