

Who's who?

Last Edit: October 2025

Community Team / Admins

Senior Community Manager / Head of Community — H ([Heather225](#))

I provide oversight to the community at large and handle high-level concerns regarding safety and quality. I head the Community Management team, driving us forward to meet your needs.

Community Manager — [Hope](#)

I oversee the 7 Cups Academy. Additionally, I support miscellaneous community initiatives as needed.

Head of Content — [SoulfullyAButterfly](#)

I cover all things content for 7 Cups. This includes our Learn lessons on the LEG dashboard for members, social media, the Content Volunteer Team and related content projects like the Therapeutic Content for Forums, the Expert Mental Health News and Advice sections, Q&As and more. I work closely with the admin and product team at 7 Cups to combine content and product features to ensure quality support delivery. For example, I have worked on group support initiatives such as the closed group Huddles. I also help coordinate the Translations Project (With 44 Available Language Groups) which is currently helping globalize 7 Cups in various languages. Please contact me if you are interested in or have any questions in regards to any of these Programs!

Safety Specialist - [bookworm4](#)

I help lead safety initiatives across the site and oversee the Adult-Teen listener program.

Official 7 Cups Accounts

Community Moderators

24/7 Moderation coverage. You can refer to the weekly schedule [HERE](#).

[@7CupsForums](#)

Provides notification to members/listeners 1-1 in response to forum post deletions and edits.



[@7CupsCommunity](#)

Answers general questions about the site and community. *Alternatively, you can email community@7cups or [contact our Helpdesk](#).*

[For account-related questions, please email community@7cups.com](mailto:community@7cups.com)

[Domains](#)

We have four main domains at 7 Cups - Engagement, Quality, Safety and Academy.

You can see a breakdown of the different leadership roles [here](#).

Engagement

Group Support, Sharing Circles, Chatrooms, Peer Support & Communities/Forums

Quality

Listener Coaching, Care Team, Anonymous Evaluations, Active Listening Test Grading, Verified Listener Project

Safety

Safety Team, Teens (ATL project)

Academy

Various academy programs and courses

Community Projects & Misc

Rising Star, Peer Appreciation, Content Volunteer team & Therapy



Engagement

Group Support

Admin: [Heather](#)

Ambassador: [Suryansh](#)

Mentor Leaders: [Lou73](#) (Sharing Circles), [JustSophia](#) (Resources)

Listener Chatrooms

Admin: [Heather](#)

Ambassadors: [Amy](#), [hopedreamlove](#), [EmmaE](#), [Suryansh](#)

Mentor Leader: [JustSophia](#)

Peer Support

Admin: [Bookworm4](#)

Ambassador: [Jenna](#)

Communities (including forums & forum safety)

Ambassador: [tommy](#)

** Find Community Mentor Leaders on the respective community about page*

Quality

Verified Listener Team

Admin: [Heather](#)

Ambassador: [KristenHR](#)

Mentor Leader: [lizzy528](#) [Teen]

Anonymous Evaluations Team

Ambassador: [InternalAcceptance](#)

Mentor Leader: [Shadow](#), [AnnaSilverberg](#)

Active Listening Tests

Ambassador: [Harsvin](#), [positivePumpkin22](#)

Team Leaders: [heathermarie95](#)

Listener Care Team

Ambassadors:



Listener Coaching Team

Ambassador: [AnnaSilverberg](#)

Mentor Leader: [MelodyoftheOcean](#) (scb)

Project Agent: [InsightfulPhoenix](#)

Get a Listener Coach [here](#)

Quality Mentor Team & Quality Mentor Applications

Ambassador: [AnnaSilverberg](#)

Project Agent: [Remina](#), [InsightfulPhoenix](#)

Find a mentor [here](#)

[Academy](#)

Leadership Development Program

Admin: [Hope](#)

Ambassador: [DreamTouch](#), [positivePumpkin22](#)

Find the mentor team [here](#).

Internship Program

Admin: [Hope](#)

Ambassador: [Anusha](#)

Find the mentor team [here](#).

Quality Listening Program

Admin: [Hope](#)

Ambassador:

Find the mentor team [here](#).

Content Development and Marketing Program

Admin: [Hope](#)

Ambassador: [Clarisse29](#)

Find the mentor team [here](#).

General Academy

Admin: [Hope](#)

Ambassador: [Yourbuddy30](#)



Safety & Teens

Safety Team, inc. Patrol, Outreach & Discussions:

Ambassador: [Rebekah](#)

Adult-Teen Listener Project

Admin: [bookworm4](#)

Team Member: [Jenna](#)

Teen Transitioning

Admin: [ASilentObserver](#)

Mindful Minutes (Teens - Groups)

Admin: [Hope](#)

Community Projects & Therapy

Rising Star Program

Ambassador: [tommy](#)

Content Volunteer Team

Admin: [SoulfullyAButterfly](#)

7 Cups Therapy

Lead Therapist: [LisaMeighanMScGMBPsS](#)

Ambassador Liaison: [soulsings](#)

