

Timestamp	What is the name of your server?	Tell us a little about your server!	Link to server:
12/7/2020 16:14:01	Funky Zoo	Nothing special, just a place people like can get together, talk, and play games. Seek advice and whatnot. I know for a fact it'd help me as I would love to be able to have an actual live chat with someone instead waiting for however long on reddit.	https://discord.gg/vxMP2AQJb
12/20/2020 11:52:32	SH Support	The goal of the server is to provide mental health and support to those struggling with mental health and self-harm issues.	https://discord.gg/2QG6ck8
12/28/2020 12:35:23	Aurora	Hi there! Aurora is a mental health & self care themed Discord server with over 1k members. We have roles for dozens of mental disorders that grant access to private channels, normal chatting channels, and lots of channels and reminders for self care. We also have helpful emotes to use for communication if you're feeling shy and anxious.	https://discord.gg/MePgUR2
1/2/2021 10:56:43	Meow	My server is supposed to be a safe place for people with depression, DID, anxiety, BPD, etc. Like most servers being advertised in r/selfharm are -3	https://discord.gg/cDHPMD9RSS
4/3/2021 4:35:05	Sad boys	Just a small, supportive discord server looking to grow with a friendly team, and members who are always online to offer the best support they can. We have voice channels, and a lot more.	https://discord.gg/fJw3KVWbaq
5/14/2021 17:46:05	Bodies Under Siege	Need to talk? Come join us! We are a mental health support chat for those struggling with mental illness, the stress in their lives, or self-harm. We are a community of people who listen and support each other.	https://discord.gg/d2XsSQwkc
6/7/2021 21:33:27	Support Server	Hi! We are a mental health recovery based server, we have channels for self-harm, various disorders, a lounge, venting, and many other channels. We are a very accepting community with an active, kind, caring staff!	https://discord.gg/hg5kmRwE
2/1/2022 16:54:34	MadeOfStryfoam-Fan	It's a support server for people of all ages who selfharm (it could be triggering to some people)	https://discord.gg/9CqJnH8ea
3/17/2022 13:26:40	Friendship Support	This group for those struggling with mental health, chronic pain, a chronic illness or just need a place to talk.	https://discord.gg/T3W7VUPhWM
5/7/2022 13:34:06	Mental Chillness	We're a mental health support network of friends.	https://discord.gg/jwWcBmyvY
7/11/2022 15:23:39	Therapists office	Our server is a server with a therapy like set up, w/	https://discord.gg/7HfdgmDMm
8/9/2022 7:33:16	Nothing to see here	Just a small, general chat area. May expand if it be	https://discord.gg/tFz6GKmxz
10/15/2022 9:45:26	i havent	I havent	https://www.youtube.com/watch?v=dQw4w9WgXcQ
2/9/2023 18:04:18	Support Sanctuary	A supportive server for mental health, relationship	https://discord.gg/ew7ex635XG
2/27/2023 18:33:07	SH Support	It's just a support place where we talk vent and any	https://discord.gg/Cke5Ckx
5/1/2023 23:08:15	gabedzz	im from brazil	https://discord.gg/gabedzz9388
7/26/2023 14:44:50	Luvlin Mental Health Community	We are a JP-ENG mental health server with more	https://discord.gg/SRUJmUba
11/5/2023 7:36:23	wjhdvdm	ijwjeiuehfyndjkm	https://discord.gg/wjfdkik
12/5/2023 17:22:41	SH clan	Its a support & community server, its warrior cats th	https://discord.com/invite/hCetURJCRm
1/25/2024 1:39:25	Milk Farm	We're a small adult oriented server. Resources cha	https://discord.com/invite/gcDf9wujd
2/10/2024 10:03:26	Depresso espressos	A server not only for self harm but also with eds,ag	https://discord.com/invite/bqG5uuuQ53
3/3/2024 9:12:56	This Google Sheet has been shut down by the Stat	This Google Sheet has been shut down by the Stat	This Google Sheet has been shut down by the State of California's Bureau of Investigation with the Western Division Court in Los Angeles in accordance with Cal. Pen. Code § 401 - Aiding suicide.
4/9/2024 23:12:32	SupportForSlicers	Basically, I know that this sub if for support about/v	https://discord.com/invite/nHK3QZTD
4/11/2024 11:34:14	test	test	
4/21/2024 17:06:03	Lonely Kitten Hangout	It's a server where people can chill as well as safely	https://discord.gg/PMEtHwUOP
6/12/2024 7:13:23	It's not a server it's a group chat	It's a group chat	Can't because it doesn't exist, also what do I do if it's a group chat and not a server?
7/10/2024 22:35:21	Sh vent server	Where people can safely share experiences with st	https://discord.gg/AnRxNqz
7/12/2024 18:27:19	Peonies	We are a small sh community looking for new mem	https://discord.gg/WYt5nEDt
7/13/2024 8:55:28	meow	meow	
7/13/2024 11:15:28	Cooking	It's for self-harm; ma recovery section and a pro-sh	https://discord.gg/bNtP2y2bm
7/30/2024 16:05:38	Mental health support	read to get basic access to member chat and med	https://discord.gg/bh19HJuzc
7/31/2024 11:52:07	calm's lounge	It's a server for people ages 13-18 to receive supp	https://discord.gg/RcJau7wGGE
8/23/2024 15:50:04	SHS for all	it's a small mental health server where i aim to mak	https://discord.com/invite/vSp9EYar
9/10/2024 23:38:54	Funky Zoo	a nice little non toxic community where you can get	
9/15/2024 12:59:52	Dinosaur	None	Don't have one
10/20/2024 9:27:13	Fruit Ninja	Our server is a place you can find people to relate	https://discord.gg/S8cKJyztGu
10/21/2024 12:34:37	slicers of the west	Pro self harm	https://discord.gg/G8BM6kpE
11/3/2024 17:57:37	hoseok	It's a selfharm and mental illness server, including	https://discord.gg/RvtaE08g
11/9/2024 17:14:10	My Cat Hates Me	toxic pro sh you can send ur pics in the general cha	https://discord.gg/hoseok
		Just a spot for the fine people of SH Reddit to hang	https://discord.gg/8fRUJFBV