

Chat Commands

Command	Copy
!MentalHealth	<p>Short Version You're not alone! Mental health support is available here: www.thecalmzone.net/get-support</p> <p>Longer Version Mental health struggles are really common, and there are places to get support. CALM has guides on lots of different mental health issues, a space to offload your thoughts, and plenty more here: www.thecalmzone.net/get-support</p>
!Suicide	<p>Short Version It may not feel like it, but things can get better, get help here www.thecalmzone.net/feeling-suicidal</p> <p>Longer version It may not feel like it right now, but things can get better. There's ALWAYS a reason to stay. CALM's suicide support resources can help you see a way forward: www.thecalmzone.net/feeling-suicidal</p>
!WorriedAboutSomeone	<p>Short Version You don't have to worry alone, get advice and support at www.thecalmzone.net/worried-about-friend-or-family</p> <p>Longer version It can be hard to know how to help this person but you don't have to go through this on your own, there's support out there. Get advice and support at www.thecalmzone.net/worried-about-friend-or-family</p>
!ImStruggling	<p>Whatever you're struggling with, it's easy to get help at www.thecalmzone.net/get-support</p>
!GetSupport	<p>From mental health to money worries, there's support at www.thecalmzone.net/get-support</p>



Top Tip: If you want to reply to someone directly in chat, our "what to reply when..." resource has some helpful copy and paste answers.