

How to Create a Mental Health Discord Channel

Channel Set up

1. Create a new channel and select announcements so only you and your mods can post.
2. Name your channel #Mental-Health-Resources or something similar.
3. Add this channel to your default channels and onboarding 'to do' for new members.

Channel Copy

Pin this copy in your mental health channel, but feel free to adjust it to match your server's vibes...

Feeling shit is, well, shit!

1 in 4 people will struggle with their mental health each year, and 1 in 5 of us will feel suicidal at some point in our lives; but you're never alone in your struggles and CALM has loads of tools and resources to help.

These resources include:

- ★ **Offload your thoughts** – an online tool to write whatever is bothering you where no one can read it
- ★ **How Tos** – Real life tips on a whole host of stuff CALM's community of supporters.
- ★ **Guides** – practical info on a range of topics from depression and anxiety to exam stress of money worries.
- ★ **JAQQ (Just Ask a Question)** – loads of questions about suicide and mental health answered by CALM's services lead, Wendy.
- ★ **Helpline and Webchat** – for anyone who is struggling with suicidal thoughts, have lost someone to suicide, or are worried about someone who may be suicidal.
- ★ **Services directory** – a huge list of other support and where to find it
- ★ **Champion Health** – online Mental Health Training suitable for anyone

Find the support you need here: www.thecalmzone.net/get-support

Keeping the channel active

Use the **#mental-health-resources** anywhere in your discord if you think someone is in need of some support, or if you want to guide the discussion away from other channels.

We recommend that you keep this mental health channel as announcements to avoid difficult and potentially triggering conversations on by chat. But, if an issue comes up on stream, in another channel or anywhere else in your community, it can be great to address it here.

For example, if someone posts about feeling suicidal in another channel, respond to them there to signpost to help, but also remind the whole community that support is available with an update in the Mental Health Channel such as *"REMINDER: there's always support available for anyone who is struggling at CALM . If you've been impacted by recent discussions of suicide, or need support for any other reason, check out there tools and resources here: www.thecalmzone.net/get-support"*



Top Tip: If you're looking for copy and paste responses for other Discord channels, check out our "What to reply when.." document in the help kit.