

IN EMOTIONAL HELL? WE'VE BEEN THERE.

Weekly peer support groups + 24/7 coping skills library.

Everything is free and everyone is welcome!

Suicidal thoughts, loneliness, depression, anxiety, eating and substance problems and other forms of suffering.

Virtual Support Groups

- 1-hour online meetings for adults and youth (13-18)
- Share stories and learn coping skills together
- Join anonymously—camera and sharing optional
- Safe, judgment-free community

Coping Skills Library

- Videos, how-tos, and trainings on Dialectical Behavior Therapy skills
- Learn 24/7 at your own pace
- Real-life personal stories from those with lived experience

Interested? Email us at hello@nowmattersnow.org

Just say hi and tell us your name, we'll send you the details 



Visit www.NowMattersNow.org to access skills + group details

NowMattersNow.org is a 501(c)(3) nonprofit built by people with lived experience, founded by Ursula Whiteside and co-developed with DBT founder Marsha Linehan.