

# 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

**Interested?** Email us at  
[hello@nowmattersnow.org](mailto:hello@nowmattersnow.org)

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

## 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



Visit [www.NowMattersNow.org](http://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.

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