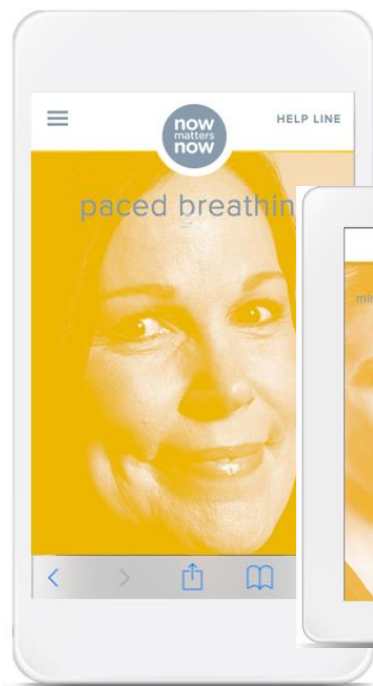


# NowMattersNow.org Hacks Suffering



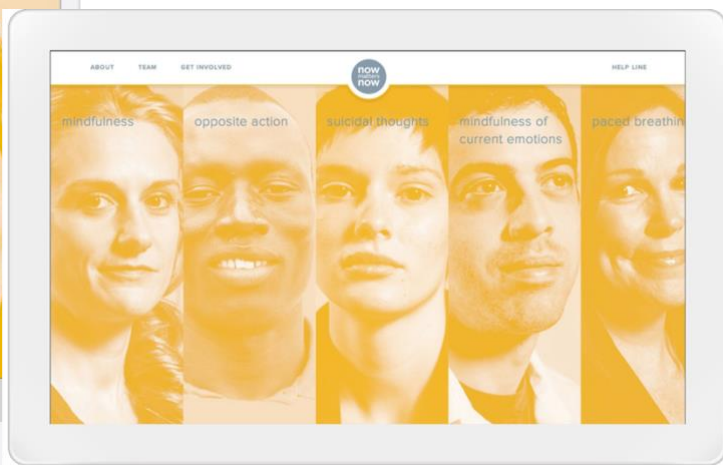
## What is NowMattersNow.org?

A website that visitors say lessens their suicidal thoughts in under ten minutes. This video-based resource features personal stories by those who have survived suicidal thoughts by using research-based coping strategies. Even visitors who aren't suicidal say that they feel better after visiting.



## People Want Our Help

We've welcomed over 500K unique visitors since inception, and over 40K in 2023 without an advertising budget. We've connected over 15,000 users to immediate person-to-person crisis help.



## Free Training and Resources

We provide tools and strategies for immediate help for people who are acutely suicidal, as well as for improvement over the longer term and for other problems such as substance use, depression, and anxiety. Visitors can download free posters and cards, a safety plan and guide, a diary card and more. There are resources for clinicians such as caring contact cards, documentation support, and free online training.

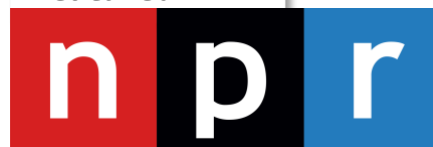
## Why NowMattersNow.org?

NowMattersNow.org was developed to address a gap. People are searching for valuable and immediately accessible resources online and clinicians need support tools for their patients. Learn more about our research at [bit.ly/NMN\\_PR](https://bit.ly/NMN_PR).

## NowMattersNow.org Peer Meetings

We are piloting one-hour online NowMattersNow.org Peer Support Meetings - combining the transformative skills of DBT and aspects of shared storytelling that have been part of Alcoholics Anonymous for over 100 years.

Featured in



The New York Times



Invited presenter



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We built NowMattersNow.org because we knew there was a giant gap for people trying to find help who were suicidal – and we knew we could make a difference.

- Ursula Whiteside

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NowMattersNow.org