

Forum:[Hack Forums](#)

Thread: [Elios || Volunteer Counselling Service - Feeling down? Talk to us!](#)

Disparity - January 1, 2017, 12:15 am

Elios Counselling Service

Introduction

Elios is a group ran entirely by volunteers, and exists solely to help those who need it with any emotional or mental problems one may need help with. Every member is evaluated and investigated to ensure the best experience and help for those who require it (that we can provide).

We are whatever we have to be. Not everyone has close friends or family to talk to, and not everyone wants to talk to their friends or family. Some people prefer a more anonymous, non-face-to-face experience. All we want to do is help with that.

As the title says, we are a counselling service, so we help with your problems by talking with and listening to you. Whether you need advice, motivation, or just to get something off your chest, we're here for you.

For your privacy and safety

Though we aren't really an organisation, we all agree on one thing: your privacy and safety are our top priorities.

Elios does have a private group chat in which we will discuss specific cases on, however your name will not be used unless necessary, and we will only share necessary details. We want you to trust us, and we want to trust you. However, in the case that we believe you may be a danger to yourself or others, we will not hesitate to do anything necessary to protect you or others, and we will take any necessary steps to do so.

We are your friends, your counsellors, your advice-givers, or really anything else. We genuinely care, and we don't want you to get hurt.

Necessary/Important Information and Disclaimers

- We are not professionals, nor do we claim to be/should be used to or as professional psychological assistance/treatment. However, we're always happy to help you find practical and affordable professional help if you need it. ?
- Every Elios member is their own individual. We are a loose group, not an organisation, and though I personally (along with the help of other members) do background checks on every member, we cannot guarantee anything, and I personally ask that you immediately report anything you don't like about any of our members to me directly. Elios' #1 priority is you, and quite frankly, that's why we're around.
- Remember, we are not professionals, and we cannot make you sign a contract like many

professionals do, and we really don't have a desire to. However, we as a group cannot take responsibilities for really anything that happens. Again, think of this as a friend-finder thread. We are not professionals.

Everyone matters, and there is always someone that cares about you.

Feel free and encouraged to contact any of the members below. You'll find various methods of contact, as well as specialities or experience below. If a member's text/details is gray, it means they are not available to assist at the moment.

HF Name (hyperlinked) : Speciality : UID : PM Link (hyperlinked) : xmpp : skype

[Disparity](#) : Depression, Guilt, General : 2547808 : [PM Link](#) : PM : PM

[Mr.Peanut III](#) : Depression, Anxiety, Relationships : 360112 : [PM Link](#) : N/A : PM

NOTE: If contacting by XMPP, we recommend using [Pidgin](#) with the [OTR Plugin](#).

Can't get a hold of one of us, but need urgent help? Take a look at the resources below.

National Suicide Prevention Online Chat:

<http://chat.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

Suicide Watch (Open reddit community): <http://www.reddit.com/r/SuicideWatch>

Suicide Hotline Database: <http://www.suicide.org/international-suicide-hotlines.html>

Controlled - January 1, 2017, 12:17 am

Ready to talk whenever someone needs to! Lets spread the help and love!