

Forum:[Hack Forums](#)

Thread: [Olympians Mental Health Help Desk](#)

juulstar - March 13, 2022, 9:56 pm

Mental Health Help Desk

life gets hard, and we know that. everyone has their struggles in life, whether it is with a temporary heartbreak or a consistent fight with mental health. we want to be here to be able to provide you with any help you need regarding mental health, whether it is advice, a written schedule to help you develop healthy coping habits, or even just a listening ear.

if you need anything at all, please contact the following olympians members via pms or convo! if you cannot do either, please drop a comment in the thread and we will get back to you asap.

juulstar

[\(click here\)](#)

hey, i am juulstar! i was born in to a great family that unfortunately had some problems - my parents had their differences and i had to grow up during their divorce. around 13, i was diagnosed with early onset bipolar and potential schizophrenia. up until about 17, i was in and out of psychiatric hospitals. i survived a very, very close suicide attempt via an overdose. with the help of my doctors, therapists and psychologists and personal lifestyle changes, within a few years, i became a much happier person. i now own a few successful businesses, have a mental toolbox filled with coping skills and am confident i can confidently overcome any negative roadblock that i may happen to find myself at.

if i can survive this, you can too, and i'm here to help.

jcole

[\(click here\)](#)

jcole is an outstanding member of hf and has won member of the month because of his kindness, laid back personallity, willingness to help and listening ears. if you need ears to vent to or a level headed individual to listen to advice from, jcole is an excellent outlet!

Komodo

[\(click here\)](#)

"Certified Paramedic, worked with 1000's of mental health patients in both the military and civilian EMS."

experienced individual with a kind heart! (Mar 14, 2022 04:12 PM)Komodo Wrote: [\[CITE\]](#) I take mental health very seriously. I've experienced too many losses first hand.

Reach out day or night, I'm available.

Thoth

[\(click here\)](#)

"I was raised in a household with a father who suffered from addiction, and my mother suffers is bi-polar and manic-depressive. So I have quite a bit of experience with listening to/helping people with mental health problems. I've always wanted to do something like this, helping those in need that suffer from mental health issues, or are feeling suicidal/depressed. To give you a little bit of background about myself. I am a 25 year old college senior from USA. I am attending for my Bachelors Degree in Information Tech with a minor in business. I am definitely a people person, and have always been the type of person who helps others in anyway I possibly can. My friend group actually calls me the "group therapist" because I am always the one whose there to listen, give advice, etc. whenever it is needed."

illadelph

[\(click here\)](#)

When I was younger I wanted to be a therapist because all of my friends would come to talk to me about their problems / come for advice and I loved being able to make a difference. Growing up in my type of family has allowed me to mature quickly and retain knowledge across various aspects of life. I am always here to lend a fellow member a judgement free ear and everything stays between us.

it is important to know you may contact any olympian if you are in crisis and we aren't available. simply look for our blue names and userbar depicting zeus and his tridents and we will do our best to help you.

we are here for you! you are loved and it is worth it.
if you need to speak up, please do not hesitate.

!!!

[if you are in immediate crisis, please click here and call whichever number warrents your situation.](#)

!!!

if you would like to be added to the list as an immediate contact and you aren't an olympian, please pm me. if you are an olympian and would like to be added, you may contact me via our official discord or pm me.<3

Zeus - March 13, 2022, 10:05 pm

Great thread on helping people out who needs it!

juulstar - March 13, 2022, 10:11 pm

(Mar 13, 2022 10:05 PM)Zeus Wrote: [\[CITE\]](#) Great thread on helping people out who needs it!
yes sir! <3

Komodo - March 14, 2022, 4:12 pm

I take mental health very seriously. I've experienced too many losses first hand.
Reach out day or night, I'm available.

juulstar - March 14, 2022, 4:53 pm

(Mar 14, 2022 04:12 PM)Komodo Wrote: [\[CITE\]](#) I take mental health very seriously. I've experienced too many losses first hand.

Reach out day or night, I'm available.
thank you for volunteering to be apart of the thread <3

Bluffer - March 14, 2022, 6:49 pm

Hey I think this is fantastic what you and these other members are offering.

Through somebody I met on HF, I've literally changed my life through their advice and talking to them. That person isn't really on HF anymore but originated here. There's some great people on this site and I'm glad that for those who need this, there's people offering supports.

kookur - March 14, 2022, 7:27 pm

I get suicidal thoughts when i'm alone so i don't stay alone anymore and keep myself around family members or friends 24/7. I'm schizophrenic and suffer from OCD, i've been to a psychiatric hospital and was admitted for around 7 days in 2019. I was wondering do you manage to live alone or you need someone by your side as well because my doctor advised me not to stay alone and this costs me so much.

juulstar - March 14, 2022, 7:31 pm

(Mar 14, 2022 07:27 PM)kookur Wrote: [\[CITE\]](#) I get suicidal thoughts when i'm alone so i don't stay alone anymore and keep myself around family members or friends 24/7. I'm schizophrenic and suffer from OCD, i've been to a psychiatric hospital and was admitted for around 7 days in 2019. I was wondering do you manage to live alone or you need someone by your side as well because my doctor advised me not to stay alone and this costs me so much.
hey man!

i manage to live alone even after suicide attempts and my hospitalizations and i believe nearly everyone diagnosed can do the same. it's about finding the proper medication, doctors and making proactive life changes.

please pm or convo me and let's get started; i have some medication recs and i would love to be there for you as someone to talk to. we can get start to write a document full of changes and commitments as well as a daily schedule that will definitely help you as i can vouch they helped me through the worst.

i am here for you! you got this - it's just a little pothole on the MASSIVE 30 lane freeway which is life. ?

(Mar 14, 2022 06:49 PM)Bluffer Wrote: [\[CITE\]](#) Hey I think this is fantastic what you and these other members are offering.

Through somebody I met on HF, I've literally changed my life through their advice and talking to them. That person isn't really on HF anymore but originated here. There's some great people on this site and I'm glad that for those who need this, there's people offering supports.

of course man. there used to be a thread kinda like this around 2017 i think but it's not active and idek if it exists anymore. during these times we ALL need an outlet so i figured making this thread would be the right thing to do.

(Mar 14, 2022 07:02 PM)forfeit Wrote: [\[CITE\]](#) Why do I flame people on this forum?
it's fun ;)

joking is one thing, bullying is another; i don't believe you're a bully reading your posts lel

psyop - March 14, 2022, 7:49 pm

This is a great idea - a way to allow your peers vent and get some frustration off.

With that being said, as a mental health clinician, please be cautious on the advice you give as it can be very damaging if you're not professionally experienced and unfamiliar with destructive queues.

Nevertheless, great idea and good luck with your project!

juulstar - March 14, 2022, 8:08 pm

(Mar 14, 2022 07:49 PM)Anyone Wrote: [\[CITE\]](#) This is a great idea - a way to allow your peers vent and get some frustration off.

With that being said, as a mental health clinician, please be cautious on the advice you give as it can be very damaging if you're not professionally experienced and unfamiliar with destructive queues.

Nevertheless, great idea and good luck with your project!

yes sir! thank you so much <3

i'm not licensed, but i have managed to develop a little system that involves simple daily life changes, a journal log, ect. basic coping strats that i've flipped in to stuff that has worked for me - i will NEVER offer advice if i feel the situation is too volatile and i could put someone at risk. in that case, if the user is comfortable with this, i will offer to help them search for available resources in their area and redirect them to the proper and licensed helpdesks / chat services.

we would LOVE to have you as a contact too if you would like to be put on the thread. you're EXTREMELY valuable here. no worries if it's too big of a commitment though, as someone who regularly sees clinicians i get that we can be a LOT.

psyop - March 14, 2022, 8:51 pm

(Mar 14, 2022 08:08 PM)juulstar Wrote: [\[CITE\]](#) yes sir! thank you so much <3

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we would LOVE to have you as a contact too if you would like to be put on the thread. you're EXTREMELY valuable here. no worries if it's too big of a commitment though, as someone who regularly sees clinicians i get that we can be a LOT.

You can contact me whenever you want. Send me a message and I'll give you my contact.

I work Monday-Friday (online health service) at my primary job and then Saturday-Sunday at the hospital (contract).

juulstar - March 14, 2022, 9:16 pm

(Mar 14, 2022 08:51 PM)Anyone Wrote: [\[CITE\]](#) You can contact me whenever you want. Send me a message and I'll give you my contact.

I work Monday-Friday (online health service) at my primary job and then Saturday-Sunday at the hospital (contract).

convo'd you :)

Thoth - March 14, 2022, 11:20 pm

I think this is a fantastic thread to have here on HF. Proud to be able to say I'm taking part in it as well.

Nalright - March 15, 2022, 12:26 pm

I would love to be a judgement free contact for anyone who needs me.

juulstar - March 15, 2022, 8:31 pm

(Mar 15, 2022 12:26 PM)jilladelph Wrote: [\[CITE\]](#) I would love to be a judgement free contact for anyone who needs me.

please pm me a little bio and i'll add you to the thread!

Nalright - March 16, 2022, 7:48 am

(Mar 15, 2022 08:31 PM)juulstar Wrote: [\[CITE\]](#) please pm me a little bio and i'll add you to the thread! Hold up I will in a little, remind me if I forget.

Joy™ - March 22, 2022, 3:49 am

A lot of "mental health" has to do with people manipulating other people's body, soul, and spirit through witchcraft. I'm just using witchcraft as a term for all "spiritual weapons". There are also disembodied spirits or demons (with different "ranks" in specific territories) that manipulate the people in that territory (using other people, getting into people's spirits/souls, or projecting things into people from around them in the spiritual realm). There are also principalities over these demons that are all under satan that manipulate the world. So the only way to really get free from this is to get the spiritual realm of the third heaven into this world through our spirits (that are born again - asking with free will) that are connected to our souls (mind, will, and emotions), and bodies (flesh). Then when you're born again you have to be filled by the Holy Ghost which then through praying in the spirit or with your spirit (in tongues) you can frame your reality through your words.

This world is so broken that when you try to do this things will come against you (through other people and from the entities in the spiritual realm).

DashPHP - March 22, 2022, 6:37 am

What an amazing thread, OP.

Mental health is absolutely no joke and anyone that's fighting hard, you got this! NO CAP.

juulstar - March 22, 2022, 11:36 am

(Mar 22, 2022 06:37 AM)DashPHP Wrote: [\[CITE\]](#) What an amazing thread, OP.

Mental health is absolutely no joke and anyone that's fighting hard, you got this! NO CAP.
thank you man <3

mental health is truly no joke - your perception of almost everything is 99% controlled by mental health. good mental health is truly the difference between perceiving the world as ugly or beautiful; enjoyment of life and productivity often follows said perception.

(Mar 22, 2022 03:49 AM)Joy™ Wrote: [\[CITE\]](#) A lot of "mental health" has to do with people manipulating other people's body, soul, and spirit through witchcraft. I'm just using witchcraft as a term for all "spiritual weapons". There are also disembodied spirits or demons (with different "ranks" in specific territories) that manipulate the people in that territory (using other people, getting into people's spirits/souls, or projecting things into people from around them in the spiritual realm). There are also principalities over these demons that are all under satan that manipulate the world. So the only way to really get free from this is to get the spiritual realm of the third heaven into this world through our spirits (that are born again - asking with free will) that are connected to our souls (mind,

will, and emotions), and bodies (flesh). Then when you're born again you have to be filled by the Holy Ghost which then through praying in the spirit or with your spirit (in tongues) you can frame your reality through your words.

This world is so broken that when you try to do this things will come against you (through other people and from the entities in the spiritual realm).

you're riding a different wave than i am, but if it is what makes you happy, i support your belief system 110%!