

## Forum: [Hack Forums](#)

Thread: [Free mental health help](#)

**ModernEHustle** - May 20, 2026, 12:31 am

Mostly cause I need friends but also I been thru a lot and can prolly help more than chat gpt can. QI and pm me.

**MadScientist** - May 20, 2026, 2:22 am

(May 20, 2026 12:31 AM)ModernEHustle Wrote: [\[CITE\]](#) Mostly cause I need friends but also I been thru a lot and can prolly help more than chat gpt can. QI and pm me.

I'm down to join a Discord or something to bs and chit chat with others on subjects outside of tech/infosec, or random DMs ?

**Kingofspades** - May 20, 2026, 12:10 pm

Nice of you to be thinking of others respect.

**ModernEHustle** - May 21, 2026, 1:04 am

(May 20, 2026 02:22 AM)MadScientist Wrote: [\[CITE\]](#) I'm down to join a Discord or something to bs and chit chat with others on subjects outside of tech/infosec, or random DMs ?

Randomly dm me here anytime lol need to get my pc setup for discord and etc

**Dipu4u** - June 5, 2026, 3:45 am

It is ultimately you which you have to be strong to deal with tough situation. there comes a stage when you have no one to rely on , you have to start from somewhere everything from scratch. dont become dependent on anyone.

Try to be strong and think yourself, is it a good thing to do for my mental health. Do what you makes you feel good. Stay away from toxic people from your life.