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# Need to Talk?

## 7 Cups connects you to caring people

Free, anonymous and confidential online text chat with trained listeners, online therapists & counselors

[Connect to a Listener Now](#)

OR

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### Chat

1-on-1

Group Support



Finding Listener...  
1:59 PM



Chat with a New Listener

Browse More Listeners

🕒 Discussions In Progress



## Finding Listener...



👤 Your listener is here to help. However, if you are in crisis, please click here for a helpline. ✕

📌 You are currently on a waiting list for a listener. Noni is a bot who will chat with you until your listener arrives. Anything you say here will be viewable to the listener you connect to.

📌 Your temporary screen name for this listening session is practicalGrapefruit6094



Hello and welcome to 7 Cups. We are very glad you joined us. We are currently searching for a kind and compassionate listener for you. Oh, and by the way, I'm just a friendly bot. When your (real human) listener gets here they'll be able to view anything you've said to me.

Noni (Friendly Bot) 1:59 PM

Noni is typing...

Type your message here...

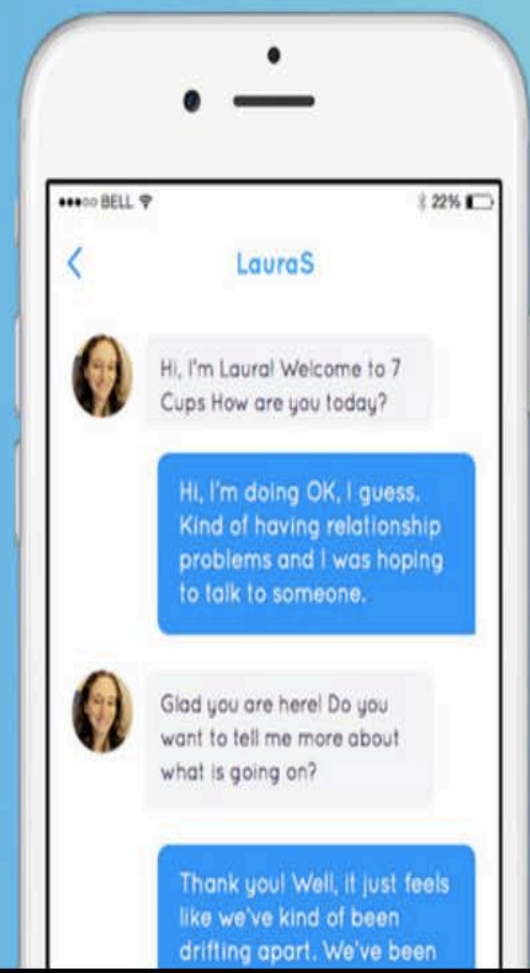
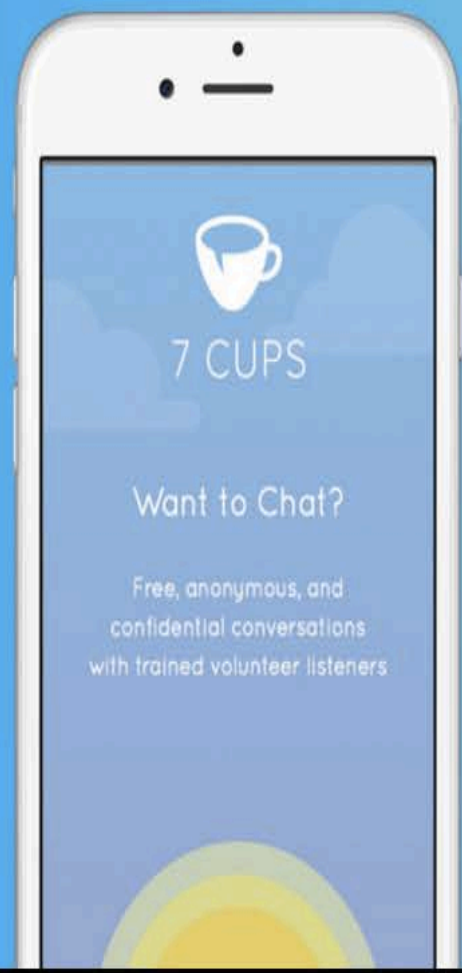




# 7 Cups of Tea

7 Cups provides emotional support to over 800,000 people a month.

It is free, convenient, and anonymous.



# Scaling Emotional Support for Students

Student Support Solutions by 7 Cups of Tea



Today's students are under more stress than ever.

Social and emotional factors  
like **loneliness, depression, and anxiety** are leading  
causes of student distress and college dropouts.

# College Students Under Pressure

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These days, college students have so many stressors to deal with:

- Being away from home
- Relationship struggles
- Academic expectations
- Cost of education and living
- **Overall lack of time**
- Expectations from family and friends
- Balance between work, school, and a social life
- Social pressures



What is the result?

# College & University Students Are Dropping Out

Emotional stressor

## Step 1

The student feels emotional stress or something happens in the student's life that harms their emotional well-being.

Access to support

## Step 2

The student cannot access support or does not disclose their mental health status.

Counseling centers often have long waitlists.

There is stigma associated with disclosing mental health status.

Student Drops Out

## Step 3

The student may have to drop out or take time off.

Thousands of dollars in potential revenue is lost.

# Student Attrition

## Mental Health

Low disclosure:

- Approximately 50% of college students do not disclose their mental health status to their schools due to fear of stigma, lack of opportunity, or fear that their mental health status will not remain confidential (NAMI, 2012).

## Drop out rates

- Drop outs due to mental health:
- An American National Survey of college students found that 45% of college students who dropped out left due to difficulties regarding their mental health (NAMI, 2012).
-



# How 7 Cups Can Help



7 Cups provides colleges and universities the ability to launch their own private student support systems at no cost.

Institutions can determine whether they want:

1. Only student listeners from their own institution.
2. Only listeners from 7 Cups.
3. Both student listeners and 7 Cups listeners.
4. No listeners with just a self-help focus.

Start 7 Cups Student  
Support FREE

[Click Here to Learn More](#)





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PEER<sup>2</sup>PEER

# Want to chat?

Free, anonymous, and confidential chat with trained volunteer listeners

[CHAT WITH A LISTENER](#)

Powered by 7 Cups





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# Want to better support students and reduce attrition?

Today's students are under more stress than ever. Social and emotional factors like loneliness, depression, and anxiety are leading causes of student distress and college dropouts.

Start 7 Cups Student Support FREE

No Risk, Obligation, or Credit Card Required

64%

of young adults who are no longer in college are not attending college because of a **mental-health related reason**

25%

of college students have been diagnosed with a **mental health condition** within the past year

72%

of students living with a mental health condition have experienced a **mental health crisis on campus**

31%

have felt so depressed that it was "difficult to function"

50%

have experienced "overwhelming anxiety"

45%

of college students felt things were "hopeless"



My Path ▾

Browse Listeners



Hope Recovery, Inc.

Listening Hearts

## Support System Configuration

Title

URL

The web address you will provide to your users.

### Access to Your Organization Support System

### Listeners to Display on Your Organization Page ⓘ

### Listener Signup for Your Organization

**Activate Support System ↻**

## Premium Student Support



What's Included

Free

Premium



## Premium Student Support

What's Included	Free	Premium
Basic Support System	✓	✓
 Mobile App	✓	✓
 7 Cups Tools & Features	✓	✓

Premium Features	Free	Premium
Branded or Custom Pages with Your Images & Logo		✓
Consultation & Tech Support		✓
Reporting Dashboard with Metrics on Use, Issues, Listener Reviews & Other Important Metrics		✓
Customize or Remove 7 Cups Pages, Text & Buttons		✓

OPTIMIZED FOR STUDENT  
RETENTION

CREATE A CULTURE OF  
AWARENESS & SUPPORT

ENCOURAGE YOUR STUDENTS TO  
GET SUPPORT

HELP PREVENT A TRAGEDY ON  
YOUR CAMPUS

EASY TO IMPLEMENT

In addition to our revolutionary new support service, you'll also be getting access to a wealth of resources that are all optimized to increasing student retention at your college, including:

### Games

We'll give your students access to online games that make the process of learning about active listening more fun, engaging and relevant to their lives.

### Guides

Your students will get access to 15 research-backed guides with advice on dealing with common college problems like bullying, test anxiety, relationships and more.

### Training

We'll train your students in active listening. This gives them a skill that will serve them throughout life, while providing an emotional outlet to other students who need someone to listen.

### Integration

We'll integrate 7 Cups with your existing support network so that it fits in seamlessly and reinforces other support options available on-campus.

### Community

Together, these features will help to create a stronger sense of community and support among your students.