

Henz Vakit Varken Glm

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unlike traditional helplines my black dog allows volunteers to provide support through online chat ensuring a safe anonymous space for both the volunteer and those seeking help

my black dog was founded on the motto talk to someone who gets it we want to connect people who share lived experiences to provide an empathetic non judgemental space where everybody

at my black dog we provide free anonymous and judgement free peer support for those struggling with their mental health our volunteers have been there they ve faced their own challenges and truly

we at my black dog are very aware of the issues we all may face during this current cost of living crisis so we have gathered together some useful links that might be able to help you on a day to day basis

want to volunteer for a mental health charity if you ve struggled with mental health depression are in a strong place to help volunteer with my black dog

i was working as a key worker during the pandemic when i reached out to my black dog when everyone was safe at home i had to commute on public transport in the depths of winter and i felt

events all things my black dog in 2023 come and join us or start your own fundraiser

my black dog offers a wide range of mental health resources including guided meditations self help articles community stories and an online chat service managed by experienced volunteers

when technology meets the black dog can apps and gadgets help our mental health

sep 16 2024 through this effort debra is supporting both fsdp and my black dog a charity close to abi s heart that provides free online mental health support every donation will help these two

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