



We believe everyone should have access to  
a compassionate, caring listener whenever  
they want to talk

7 Cups provides on-demand,  
round-the-clock, global support.

Connect online one-on-one and through  
group support to share what is on your mind.

Speak with an active listener to  
start feeling better today.



**7Cups.com**

# Need to Talk?

# 7 Cups

Connect with caring people for  
online therapy & counseling



Whether you are going through a challenging time or just want to talk to someone, at 7 Cups you'll find a path connecting you to kind people and helping you develop new skills to solve your problems.



## 7CUPS.COM

APP STORE



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

GOOGLE PLAY

