

If you're a woman who struggles with pornography, you have come to the right place.

The challenges you are facing may seem daunting, but the good news is that GYE has already helped thousands.

If you haven't yet, we strongly suggest you [sign-up](#) to our website to start using the many tools that are available to help you. Make sure to watch [our video](#) to learn how we can help you.

Resources for you:

1) Join the forum and partner-program: We have a special [women's forum](#) and a women's [partner-program](#). To gain access to all these helpful tools, sign up to our website [here](#).

2) Speak with an experienced GYE female volunteer: Contact women@guardyoureyes.org.

3) Therapy: If you need more help we highly recommend searching for a good professional therapist who can help you overcome your challenges and find the well-being that you deserve. Finding the right therapist for your personal needs is not a simple task. That's why we recommend that you use [the Relief organization](#) who specialize in therapist referrals for the Jewish community. They will try to match the right professional for you. When contacting them you can remain anonymous and anything you tell them will remain strictly confidential. Expect to wait 24-48 hours before getting a response from Relief. If you need urgent help, specify that in your correspondence with them and they will prioritize your inquiry. www.reliefhelp.org; Email: info@reliefhelp.org; [Contact form](#); [Phone Directory](#)

4) If you are a teenager visit our [Teens Page](#).

How to verify your account

We have had trouble in the past with men pretending to be women in order to access the women's forum. For this reason, we need you to verify that you are indeed a woman before allowing you access.

Here is a simple and anonymous way for you to verify this:

Call (646) 600-8100 Ext. 6 Option 2.

(If you are from the UK you can dial +442034884465 Ext 6 Option 2)

No one will pick up. Just leave a message, mentioning your username.

The message will go to one of our moderators and we will then approve your account. Please allow for up to 48 hours for your account to be approved. Sorry for the bother, we hope you understand.