

## GYE's Chat Feature

Posted by skeptical - 13 Jul 2014 21:21

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The chat feature on this site has helped me tremendously and can really be a great resource. However, those who choose to use it would be wise to keep the following few points in mind.

\*Many users are still trying to come to terms with their struggles and are trying to figure out how to navigate through it all. While most users are genuinely trying to be helpful, not all advice given is good advice.

\*While it is a good thing to be open and honest with others, it is not helpful to paint a picture with vivid details of what we struggle with. This can be triggering for both parties.

\*It's best to share what has worked for us in our own experiences rather than trying to think up good advice for the person we are chatting with. We are not here to play therapist/rabbi, we are here as people who could relate to each other because we've been through similar situations. Sometimes just being understanding, even if we don't have all the answers, is helpful.

\*People may offer to be in touch via email, cellphone apps, phone, etc. Unless you have chatted with them to the point that you feel comfortable with them, and feel that they are stable, this is not recommended.

\*Though the chat feature is moderated, and best efforts are made to keep malicious users out, some can slip through the cracks. If you have reason to believe that a user is a danger to others, please email [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com) or contact one of the moderators.

Hatzlacha!

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