

I Needed an SOS- didn't know where to turn...

Posted by Emess - 05 Dec 2014 13:05

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I've been fighting for days... and slipping - and I just feel I can't hold on any more. I logged on here for the first time in months- as a last second try for help... and after 10 minutes of searching around, I can't find a place for emergency help.

Is there an emergency link anywhere? I'm losing my grip...

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Re: I Needed an SOS- didn't know where to turn...

Posted by Watson - 05 Dec 2014 13:44

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The emergency link is on your phone. Get some numbers and reach out.

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Re: I Needed an SOS- didn't know where to turn...

Posted by gibbor120 - 05 Dec 2014 23:11

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Hang around. Build relationships. Invest in recovery. You'll have less SOSes and you'll have a place to turn when you do have an SOS.

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Re: I Needed an SOS- didn't know where to turn...

Posted by Machshovo Tova - 07 Dec 2014 19:43

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Don't forget that Hashem is available 24/7, as a first resort to avoid falling into emergency situations, and also as a last resort emergency contact.

Hatzlacha

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Re: I Needed an SOS- didn't know where to turn...  
Posted by pischoshelmachat - 08 Dec 2014 02:48

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Reb Emess,

I wonder if your handle is "Truth" in Hebrew of E-Mess as in the mess I am in due to electronics?

Either way, please reach out and speak with a friend. I would love to be your friend because I struggle just like you and I know my only protection is staying connected with people just like you and me.

You can email me and we can arrange to speak, anonymously of course. (at first, then we can share more if we feel safe doing so)

[pischoshelmachat@gmail.com](mailto:pischoshelmachat@gmail.com)

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Posted by pischoshelmachat - 08 Dec 2014 02:48

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Re: I Needed an SOS- didn't know where to turn...

Posted by cordnoy - 08 Dec 2014 04:23

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there is somethin' on the homepage, and like others said, there are emails, texts and chats for all your friends here.

Oh...and like it was said above, God is always there.

b'hatzlachah

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