



AVAILABLE IN OVER
189 COUNTRIES
+140 LANGUAGES
24/7 SUPPORT

COMPASSION, ON A GLOBAL SCALE

Our Mission

Empower every human to care for one another. As an on-demand emotional health support service and online therapy provider we make behavioral health care accessible through community, trained volunteer listeners, and affordable online therapy.



PEER SUPPORT

Trained volunteers that provide an empathetic listening experience to provide 1 on 1 support.



COMMUNITY

A vast community of users working together to provide a supportive and understanding forum.



THERAPEUTIC EXERCISES

35+ growth paths consisting of educational and therapeutic exercises to teach coping skills.



THERAPISTS

A directory of professional clinicians facilitating therapeutic outcomes locally and online.

REMOVE THE BARRIERS. GET SUPPORT!

We partner with Universities, Employers, Health Plans, and Governments to bring a new level of intervention to reduce mental health stigma and eliminate barriers to compassionate help.

7Cups has become a central component of this Stepped Care model and as such an affordable option the proven ROI is amongst the highest of our mental health initiatives

– Elizabeth Cawley, Ph.D



Let's connect! Visit us online at [7Cups.com](https://www.7Cups.com)