

Isn't it time for a HelpYourMind.com?

Posted by Human being - 02 Oct 2022 06:47

Porn is our **solution**. What about all the Frum people who have mental health **challenges** and turn else wear for solutions? Its time we all heal together.

Hi everyone its Human Being. I thought of an idea and ill tell you where it started from. I recently had a conversation with a girl with whom I share similar emotional/mental health challenges. It was really really healing. BUT we couldn't continue because we didn't want a relationship being that we are both Frum. This got me thinking. Isn't it time for all Frum people to have a place to turn to with their emotional health challenges? To reach out to feel understood, to develop relationships and to heal. To connect, to grow and to #Share&care?

We need a Frum home for all those affected by trauma, Abuse, Neglect, and all things emotional help. Our community has unique needs and challenges and we need to be able to heal within a community that understands us. Too many of us are struggling and don't have a place to turn to that is non judgmental, accepting and caring.....except for a host of non-Jewish websites, forums, blogs etc. Its time we start a non judgmental site for our community.. There's no reason Frum people should have to turn to non Jewish people for nonjudgmental healing. Its about time.

There can be a men's and woman's website just like here.

There can be options like,

Community

- Forum

- Chat

- Partner program We can call it "Brother program" & "sister program"

- Mentor program (Older brother & Older sister)

? -WhatsApp Groups.

Looking for help

-Hotline

-Flight2EmotionalFreedom

-Therapy referrals.

-Support groups.

-Contact HYM

Library

-Articles -With all extensions

-eBooks

-Audio

-Newsletter

-Video's

-Book reviews, which books helped with people in which way.

-There's endless things to add!

What does everyone say? Looking forward to really starting the conversation.

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Re: Isn't it time for a HelpYourMind.com?
Posted by Human being - 02 Oct 2022 06:51

Warning: Spoiler!

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Re: Isn't it time for a HelpYourMind.com?
Posted by Shmuel - 02 Oct 2022 10:19

okclarity.com is a Jewish site that offers some of what you are looking for

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Re: Isn't it time for a HelpYourMind.com?
Posted by future paltiel - 02 Oct 2022 13:36

It's actually a very good idea. You can start by visiting reliefhelp.org and listen to the podcasts on That's an Issue by Living Lchaim.

When it comes to starting website I recommend it being done and supervised by professionals.

We want to be sure to give the best care and not the opposite.

A big ???? ?!

Let .e know how it goes

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Re: Isn't it time for a HelpYourMind.com?
Posted by Shtarkandemotional - 02 Oct 2022 14:24

I love the idea! I think it'll help thousands of people!

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Re: Isn't it time for a HelpYourMind.com?
Posted by Mesayin - 03 Oct 2022 19:18

[Shmuel wrote on 02 Oct 2022 10:19:](#)

okclarity.com is a Jewish site that offers some of what you are looking for

This is awesome, I just signed up.

Thank you

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Re: Isn't it time for a HelpYourMind.com?
Posted by Human being - 04 Oct 2022 02:49

Problem with ok clarity is that thier is no-one on it!

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Re: Isn't it time for a HelpYourMind.com?
Posted by ILAHC FM - 06 Dec 2022 10:22

Human being, this is such a great idea!

It's definitely time for someone to step up and create this website...

It would help so many people and make their lives easier in so many ways.

Btw, i think okclarity have discontinued their forum.

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Re: Isn't it time for a HelpYourMind.com?
Posted by Shmuel - 06 Dec 2022 12:21

[ILAHC FM wrote on 06 Dec 2022 10:22:](#)

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Okclarity.com is in the process if revamping their website and the forum will be coming back soon

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Re: Isn't it time for a HelpYourMind.com?
Posted by Teshuvahguy - 06 Dec 2022 13:56

[ILAHCFM wrote on 06 Dec 2022 10:22:](#)

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Hey, ILAHCFM...how're you doing? Good to see you on the forum!!

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Re: Isn't it time for a HelpYourMind.com?
Posted by ILAHCFM - 08 Dec 2022 09:44

[Teshuvahguy wrote on 06 Dec 2022 13:56:](#)

[ILAHCFM wrote on 06 Dec 2022 10:22:](#)

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Hey, ILAHCFM...how're you doing? Good to see you on the forum!!

Improving day by day. And you?

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