Support in the Gaming Community

You can make a difference simply by being aware of the facts about mental health and suicide prevention. Learn how to have a supportive conversation. Know what resources are available. Sharing these resources can help save a life.

Create a Safe Supportive Space

It’s your stream. You set the tone. As a content creator, you are an active creator of media, not a passive consumer. People follow the cues of the streamer. Setting chat rules in advance helps people know what to expect. For example: “Be cool to each other,” isn’t specific. Try: “Personal attacks, bullying or insults against other members of the chat, on-air talent, or guests will not be tolerated.”

Sample rules:

• Discussions of topics that use graphic language, tone or images of sexual content, self-harm, or violence to others are prohibited.

• Comments that glorify or promote self-harm or suicide will not be allowed.

• This stream is for entertainment purposes. While we strive to be a welcoming space, this is not a substitute for treatment. If on-air talent, guests or moderators suspect you are seeking treatment, they will offer you referral resources.

Top 5 Tips for Supporting Friends & Gamers

1. If you think a gamer is in distress or is not behaving like themselves, assume you are the only one who will reach out. Move the conversation to a private chat. Once there, ask if they are OK. (i.e. “You don’t seem like yourself, are you OK?”) Let them know you are there for them. Really listen to them. Don’t minimize or debate what’s troubling them.

2. If you don’t know a gamer well but feel that something is off, acknowledge their distress and get them to help: (“I’m sorry you are not feeling well. Thank you for sharing. I’d like to offer a couple of places that have helpful resources. Try checking out…”)

3. If they do not want to chat, encourage them to seek help. (“It sounds like you may want some help! Can I give you links to professionals?”)

4. Check back with them periodically. Let them know they are not alone.

5. If they are talking about suicide, take them seriously. Stay connected online and share this message “If you are in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741.” Wait until they’ve made that connection before you end the conversation.

Help & Resources

Immediate help:
Crisis Text Line: Text TALK to 741-741
National Suicide Prevention Lifeline:
1-800-273-TALK (8255) or 911

For a person who needs resources:
American Foundation for Suicide Prevention
afsp.org
Local mental health resources
findtreatments.samhsa.gov

Blogs:
Seek help: bit.ly/2usaLjX
Help a friend: bit.ly/2uhujlw