



Picture by SunShine2002

How to enhance your experience on TeenHelp *by Cassie (cynefin)*

TeenHelp is an anonymous, safe place dedicated to people who need support or who just want to make some friends! Here are a few ways to utilize the site. You probably know of some of these. If you already do, that's great! If not, it can be a refresher for some or a resource for newer members.

- Post around TeenHelp's forums. The forums are a place for support, questions, and even games. Ask for advice, share a recipe, or head over to the Chit-Chat forum. Don't be nervous! We don't bite. Consider participating in TeenHelp's group activities, such as the book club, or movie watching group.
- Try using the Chat Room. If you enjoy more of an instant conversation, login to TeenHelp's Chat Room to talk. You can ask for advice, or stick to the general room. You can also lurk around if you don't feel up to having a conversation.
- Utilize the blogs. The blog section of the site is a peaceful place where you can talk about how you're feeling. If you're uncomfortable with the idea, try setting your blog to private. It can be a way to vent if you can't talk to anyone, or if you don't want to physically write what's on your mind. You can also read and support people on their blogs.
- Check out TeenHelp's articles. TeenHelp has many articles on a lot of different topics. These can help answer and questions you may have, or provide a good distraction if you need one. If you're interested in a topic you don't see, PM someone on the Publications Team or join us and write an article of your own.
- Ask for help when needed. Whether you need support during a hard time, or you have any questions about the site, ask someone for their help. Quite a few people on TeenHelp would be happy to support you with anything you need.

NEWS

New articles (26th April)

What are hypoallergenic earrings?

This informative article discusses hypoallergenic earrings as well as gives tips on how to comfortably wear them. Do your piercings ever hurt or get infected? Give this article a read!

<http://www.teenhelp.org/forums/f90-fashion-style/t160061-what-hypoallergenic-earrings/>

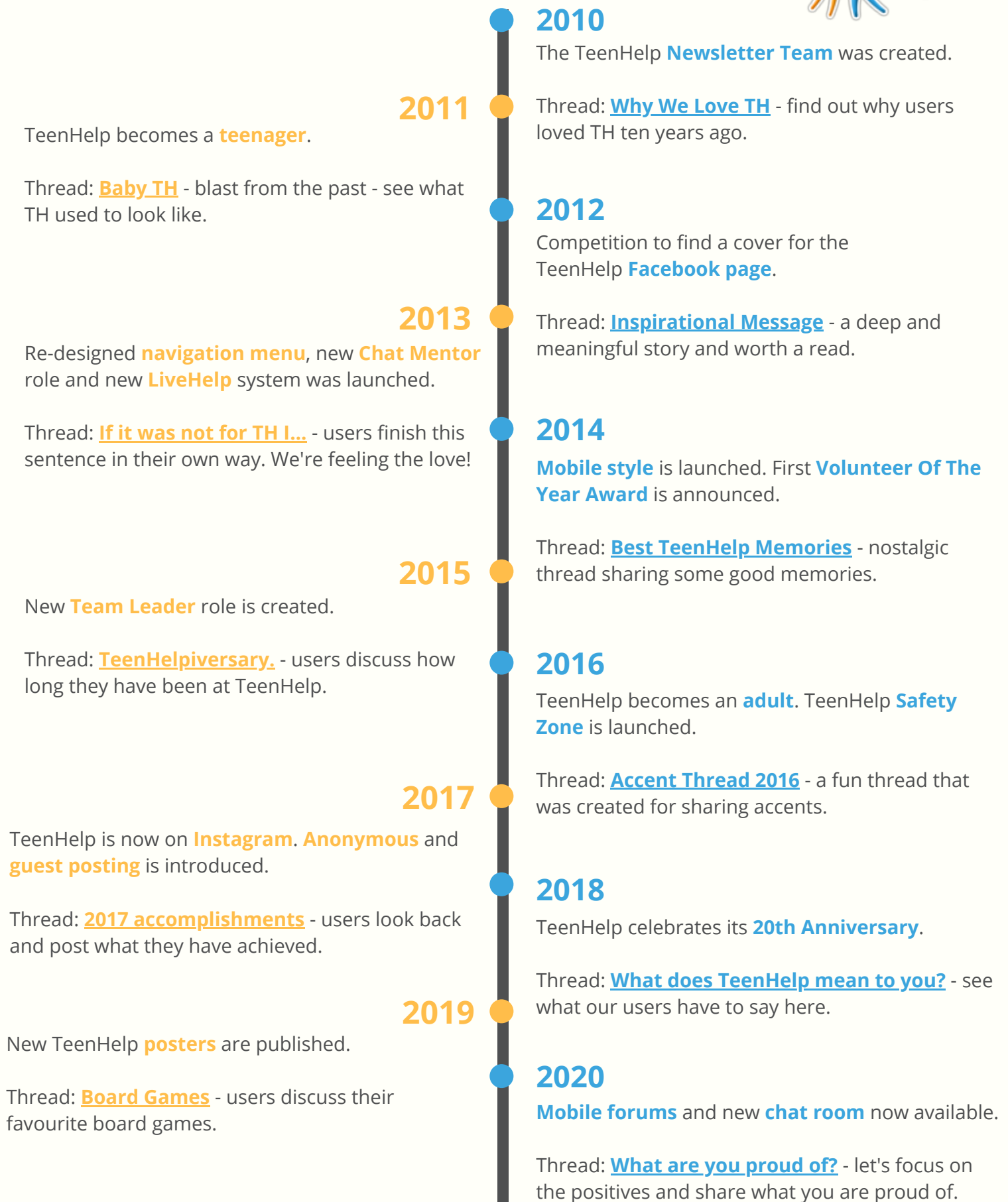
How to support a grieving friend

Grief is a painful process, and it's important to support people in their time of need. This article provides helpful suggestions on how to support your friend while reminding you of what to remember when you are supporting a friend.

<http://www.teenhelp.org/forums/f85-death-grieving/t160060-how-support-grieving-friend/>

Newsletter 10-year anniversary

This April is the 10th anniversary of the Newsletter. Thank you to everyone who has been a part of the team and for making this possible! Scroll down to see the timeline that we've put together.



CELEBRATING TEN YEARS

April 2020 marks the tenth year the Newsletter has been published! This timeline features some of the events that have happened on TeenHelp over the past ten years.

