

Want to talk?

Connect with someone who really listens.



Free and anonymous chats with trained active listeners.

We believe everyone should have access to a compassionate, caring listener whenever they want to talk to someone.

That's why we built 7 Cups.

We provide round-the-clock emotional support to teens and adults across the globe. Connect online through one-on-one text chat and share what is on your mind. All listeners are trained in active listening, a proven method to alleviate stress.

So, what's on your mind?

www.7cups.com