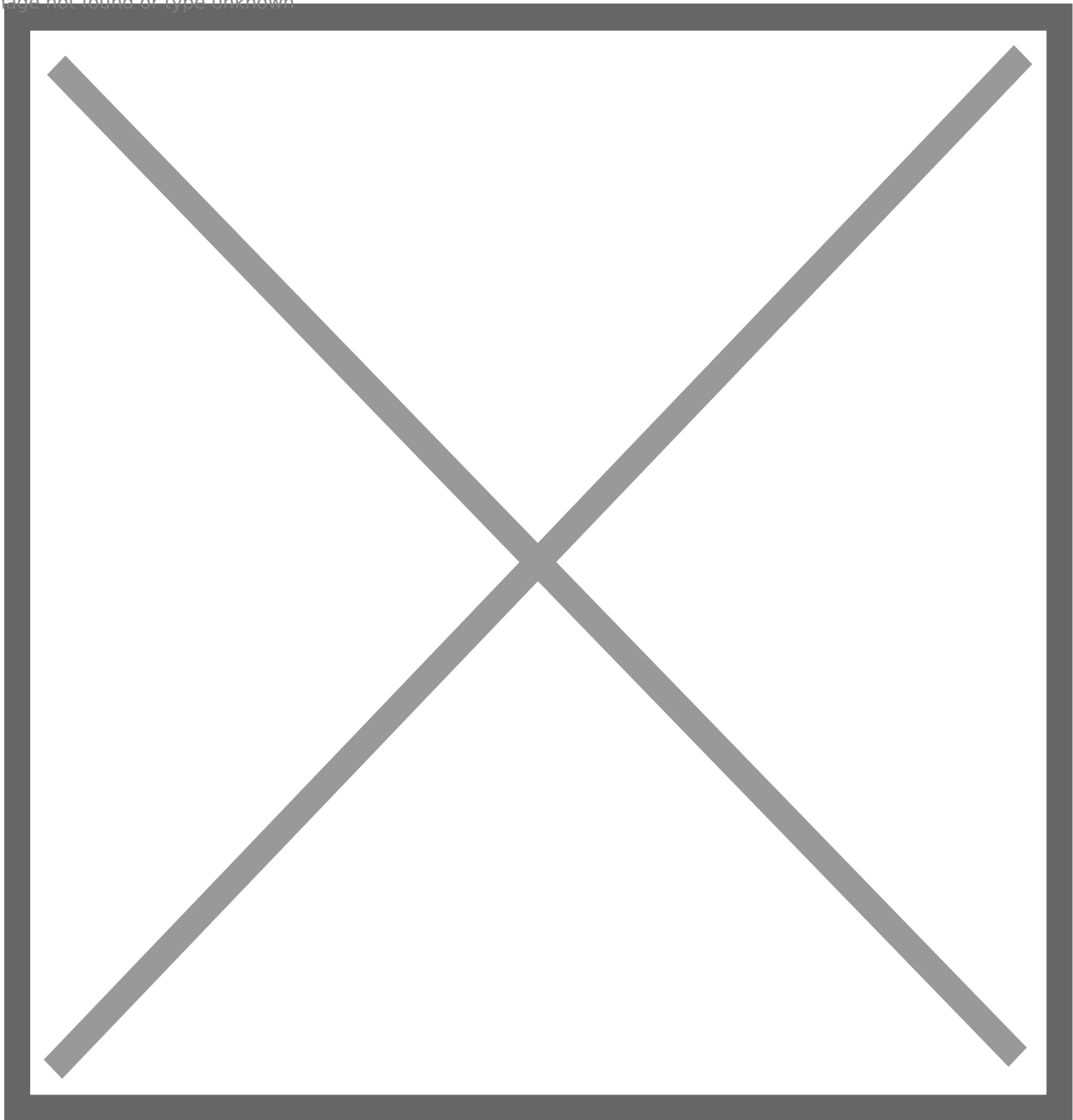


# Good Website for Self-Help and Learning Coping Skills (dealing with depression etc.)

Post by “Kalosyni” of December 15, 2025 at 11:34 AM

I happened upon this and wanted to share...have not read all the entries, but some aspects seem compatible to Epicureanism...looks to be helpful toward removing severe mental pains:

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[Learn Skills — Now Matters Now](#)

No matter the kind of emotional hell you're in right now, there's a way through  
nowmattersnow.org

Quote

## **What choice do you want to make today?**

We use five choices to build meaningful lives and reduce pain. Each choice is connected to a series of evidence-based coping skills and resources.

Edit note: This website also gives resources to get out of suicidal ideation.