

How to Get The Most Out of ForLikeMinds

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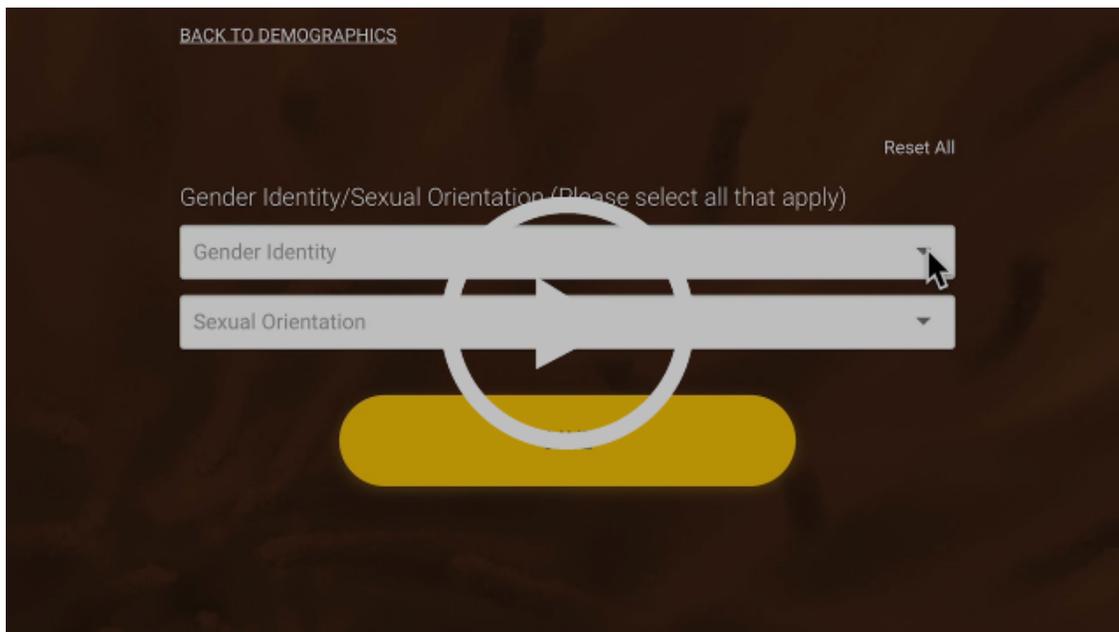


Hello ForLikeMinds Community,

Now that we are well into spring, we are filled with a sense of renewal and potential. We are so pleased that you have joined our wonderful community. People with mental illness and their supporters are using ForLikeMinds to inspire and inform each other. We are writing to ensure you make the most of our platform to engage with other members that have relatable experiences.

In the six months since launching, we have built a community of many thousands (and growing quickly) living with or supporting someone with mental illness or substance use. Our members have identified themselves with over 100 mental health conditions, 40 substance use conditions, and 150 stressful life events.

We want to share our recently completed "How To Video", which we hope will make it easier for you to get the most out of ForLikeMinds. It walks through the process to create a profile, join or create groups, and communicate with other members. We summarize these features in the Tips section below.



In addition to this explainer video, you can find helpful information in our FAQs. You can also reach out to us with any questions you may have at hello@forlikeminds.com

A Few Tips to Maximize Your Experience on ForLikeMinds

1. Complete your profile

When you login for the first time, complete your profile with information about conditions, stressful life events, and personal background. These “Tags” will allow you to connect with other members one-on-one and by joining or creating groups, so please complete the fields most relevant to you. They are all optional, but you must complete at least one Tag to find other members and to find or create groups. Completing more Tags will allow you to create higher quality connections and more specific groups. It only takes five minutes.

You can also edit your profile Tags at any time. When you edit your profile, you also have the option to:

- **Upload a photo or image** if you would like to personalize how other members see you.
- **Add a bio**, which will help other members assess how relatable your backgrounds might be. We highly recommend including some information you feel comfortable sharing – it can be short.

2. **Join a Group**

We now have dozens of groups, and everyday new groups are being added. If you haven't found a group of interest, check periodically for new groups that might interest you. You can also create and lead your own groups.

3. **Contribute to a Group**

We all have experiences that are relevant to share, and we can benefit from the shared experiences of others with relatable backgrounds. Many members like to read our growing library of informative posts within groups. But it is also important to keep group conversations going by creating new topics and posts, so that conversations are even richer and a wide range of topics is being discussed.

4. **Create a Group**

We encourage a diverse range of groups which can be very specific or broad in focus. We want our groups to represent the diversity of our community. The best way to accomplish this goal is for a wide range of our members to create groups. You can create and lead groups intended for members that have similar backgrounds, based on selected Tags, to focus on topics that are relatable to group members. We believe small groups can be highly effective since they may offer more intimate environments. When you create your group, we encourage you to use our “Find Individuals” function to search for individuals who might have an interest in your group; introduce yourself and invite them to join your

group. Our Group Leader Principles found on your dashboard also includes helpful tips.

5. **Connect one-on-one**

Our members are also connecting one-on-one. If you prefer, you can find other individual members within our large and diverse community with similar backgrounds and experiences to connect one-on-one. If you do not find a group that specifically relates to your conditions and experiences, there's a good chance you'll find a good match for one-on-one communications.

6. **Community Guidelines**

We encourage you to review our Community Guidelines found on your dashboard, which includes helpful tips on safety precautions and how to most effectively participate in groups and one-on-one.

Survey

Peer support from people just like you was critical to my recovery, and it continues to keep me well. Helping others gives my life meaning and purpose. I have big dreams for ForLikeMinds. What we offer now is just a start. We seek to improve existing features in addition to building new features, and hope to expand our team. We need your help to make this happen.

We want to hear your thoughts on what we can do to make our platform better. We would be grateful if you could take our very brief 5-minute survey. You don't have to identify yourself, and all answers will be kept confidential.

[Take Survey](#)

Coming Soon

In a few weeks, we will be sharing our third family-focused newsletter.

Keeping Up-To-Date

Please follow us on Facebook for updates and daily doses of valuable information and inspiration. If you do not follow us on Facebook, below are some of the posts you've missed. Thank you to those who have followed us on our quickly growing +4,000 member Facebook page.

Like Our Facebook Page



Get well, stay well, recovery is real,
Thank you so much, Katherine

FLM

We are LikeMinds



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