

## HealthyPlace Mental Health TV Show Blog

The blog is associated with HealthyPlace TV, an online mental health tv s

- [home](#)
- [tags](#)
- [Search](#)
- [Feed](#)

### Giving and Getting Support

Published in

*Untagged*

by

Amanda\_HP

| 03 Feb, 2

Today was a better day. Everyone here at HealthyPlace is more relaxed now that we have the server is

I enjoyed the day because I got the chance to meet several of our new members - like genamarie73 and

Over the last few months, I have read about a dozen psychology and self-help books so I could gain som

My hope is that we are building a supportive environment; a place where people feel safe to share what

The same goes for joining the support groups, posting on the boards and interacting with others. You ca

I'm around throughout the day and if there's anything I can help with, feel free to write or chat me up. If

If you are a new member, I want to welcome you and say we're glad you joined us.

- Amanda

[del.icio.us](#) ·  
[reddit](#)  
[furl this](#)

[digg this](#) ·

[spurl](#) ·

[ [Back](#) ]

RECENT POSTS

[Adhd whilst having pmt](#) [Help - what 2 do](#) [Suppressed feelings & gratitude](#) [pointless day](#) [Parenting, tough love & therapy](#)  
[Depression, death & coping with grief](#)  
[my so called being](#)  
[Alone tonight](#)  
[Why me?](#)  
[Why Fix It If We Won't Own It?](#)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

[Adhd whilst having pmt](#) [Help - what 2 do](#) [Suppressed feelings & gratitude](#) [pointless day](#) [Parenting, tough love & therapy](#)  
[Depression, death & coping with grief](#)  
[my so called being](#)  
[Alone tonight](#)  
[Why me?](#)  
[Why Fix It If We Won't Own It?](#)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_