



Participant Testimonials

“My sister was diagnosed with depression and anxiety a year ago. The effects of her diagnosis reverberated through my family like a thunderstorm with no end in sight. Growing up in a traditional Asian family, the stigma attached to mental illness was profound, shameful. She felt as though she had no one to reach out to, no one who could begin to understand what she was going through. That’s when she found GUTF -- a community of teens like her who were trying to figure out their identities in spite of the immense pressures around us to be perfect. My sister is doing much better -- knowing now that there are millions of teens going through her exact experience. I truly believe that GUTF changed her life. GUTF changed the narrative of my sister’s life, and there are no words that can express my gratitude for this.”

“The support I’ve gotten from the groups I’m in is amazing and makes me feel like I have close friends to come and talk to and people I can help in hard times, we’re all a safe place to talk about these things and feel comfortable with themselves.”

“I struggle with severe depression and find that helping others improves my mood greatly, and I’d like to have an outlet to do that. I have a variety of mental and physical health issues and much experience with dealing with them.”

“A couple weeks ago, I was in a car crash. I had a very difficult time coping with it and almost immediately turned to my GUTF group chat for support. I instantly got about 5 replies and everyone wanted to make sure I was okay, which is when I realized how amazing it is to have a community like this: people you just met, yet can come to for anything.”

“I’ve seen a lot of posts that have helped me through rough times when I’ve wanted to end everything. Those posts have helped me stay alive.”

“GUTF has been the only support I have felt for the past few months even just watching video online or hearing someone else’s statements from GUTF has made me feel like I’m not alone and that I have people who understand me.”

“I was in the chat and was having a hard time, I messaged and received waves of comfort and reassurance.”

“Many adults don’t believe it’s as bad as you say and a lot of times they say something along the lines of “you’ll forget high school once you go to college” which isn’t really helpful.”

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“One of the members was having troubles with a personal relationship that was pretty similar to an experience I was going through as well but I hadn’t had the courage to speak up about it. Seeing the support that the rest of the group gave her really helped me and gave me the courage to talk to my family and friends about the trouble that I was experiencing.”

“It was really moving for me to realize that there are people out there that are also struggling, and that I wasn’t alone. This was especially helpful when I was struggling with coming out. The group chats have really helped me through difficult periods of my life.”

“With adults I find that there’s that pressure of “They’re older than me, they know better, I have to do this” where with teenagers its more like “this worked for me, it might work for you.”

“I think in schools you can’t really tell how much you might be struggling because no one ever really talks about it.”

“I was really grateful to be in a group chat when I was having issues with my family and my friends at the same time, and I felt like I couldn’t go to either with the issues with the other. The group chat really helped me with that.”

“If I didn’t have GUTF to talk to, I would really have nobody to talk to, and I would have been in some even darker places and I don’t know if I would be ok now without the support and consolation I have received from my group that I am a member in, and the group I facilitate.”

“It’s a place where you can allow yourself to be vulnerable about things that happen.”

“It feels like a warm and strong hug when you need one. It makes you feel like everything is going to be okay.”

“If I need someone to talk to, at least one of the teens from my group is there to talk.”

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