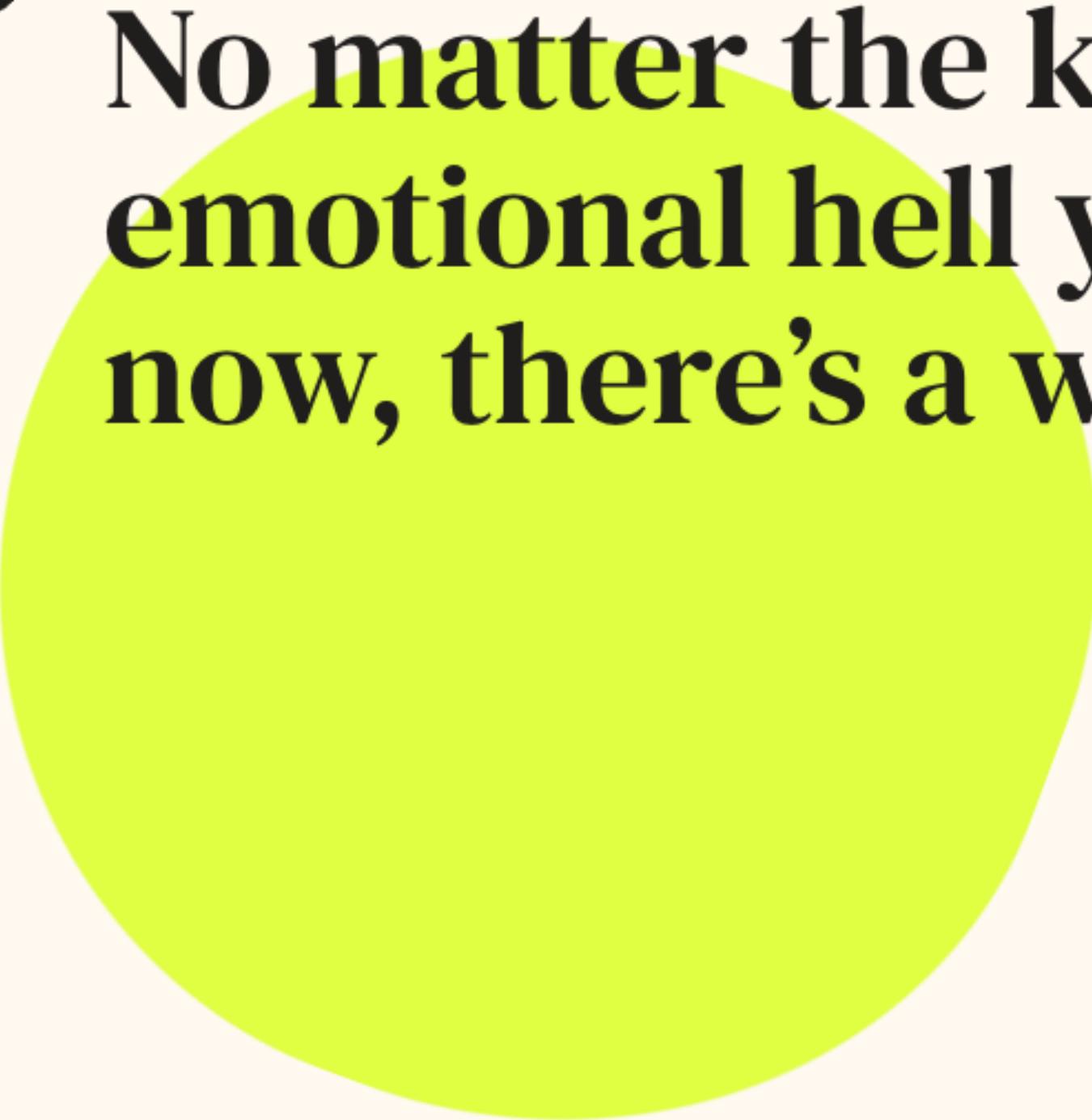




**now  
matters  
now**





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

Living in a nightmare?

Overwhelmed?

Barely surviving?

We've been there too. Whether it's suicidal thoughts, addiction, depression, anxiety, chronic pain, or grief—you've got choices here. We're a non-profit community, everything here is free.

[Learn Skills](#)

[Join a Meeting](#)

# What we're building

## **Online Platform – nowmattersnow.org**

The largest, most comprehensive online resource for DBT skills and recovery storytelling

## **Support Groups**

Free peer-led virtual mental health support groups available 24/7

## **Public Health Intervention**

A widely taught, universal crisis-management skillset, taught before a crisis hits, to ensure everyone has the tools to survive their worst moments.

# Where we are today

## **Online Platform – nowmattersnow.org**

An ever-growing skill library with 23 skills, with 17 more on the way this year, clinician training videos, and downloadable resources.

## **Support Groups**

7 weekly groups, with 1 youth group, serving >100 active members and 15 active youth members

## **Public Health Intervention**

A simple 3-step process for surviving intense emotional fires (Working Title: Stop, Drop, Roll), backed by a research study and designed for all ages

8/21/25, 4:09 PM

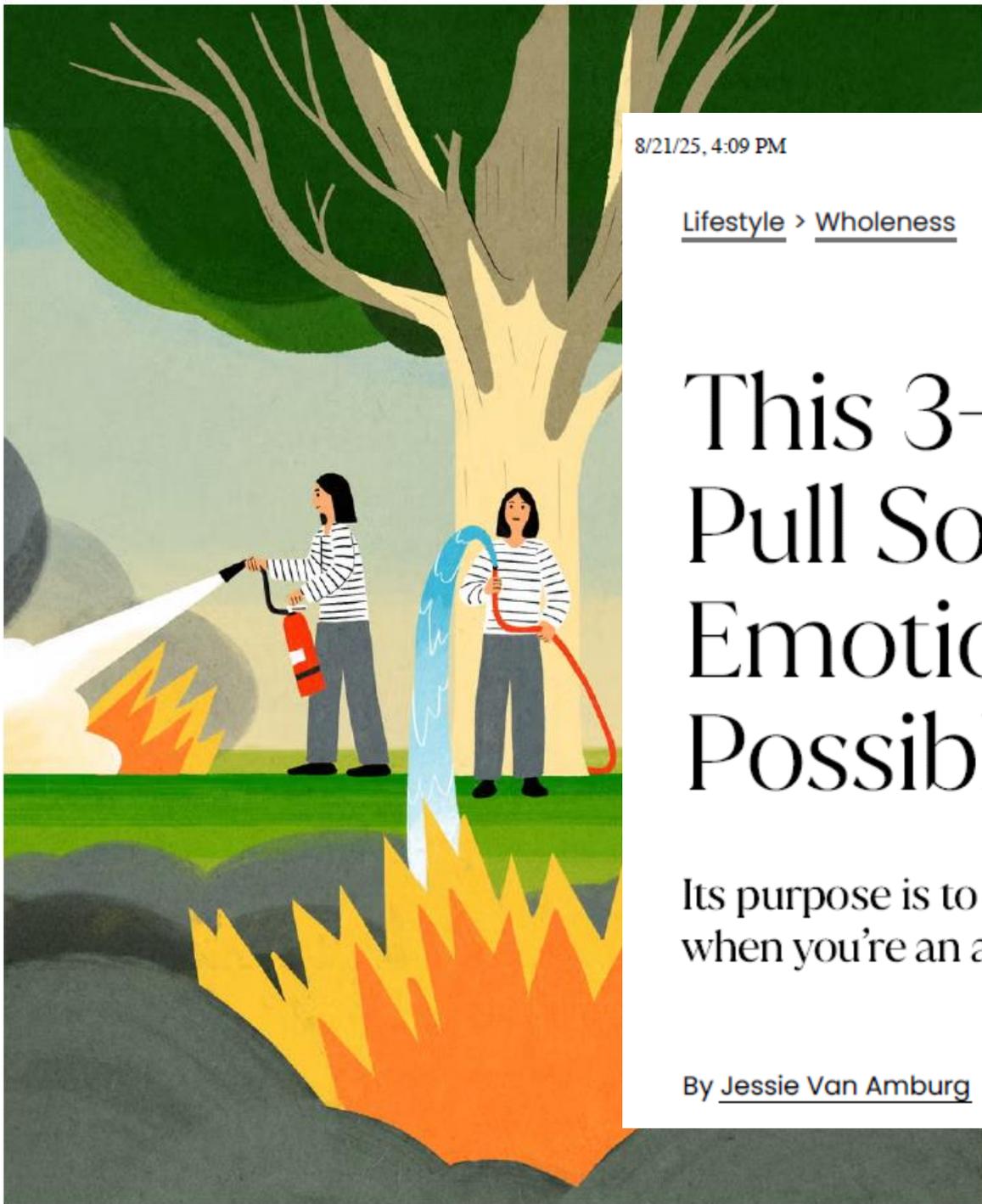
Stop, Drop and Roll for 'Emotional Fires' Aims to Prevent Suicide

[Lifestyle](#) > [Wholeness](#)

# This 3-Step Technique Can Pull Someone Out of Emotional Distress and Possibly Save Their Life

Its purpose is to prevent unplanned suicides, but it can save you when you're an anxious, overwhelmed mess, too.

By [Jessie Van Amburg](#) Published: Aug 21, 2025 3:58 PM EDT



# Our Unique Approach

- Online & Available 24/7
- Free
- Built and led by those with lived experience
- Focused in DBT skills through storytelling and science
- Evidence-based + Outcomes-oriented