



Living the stream!

Tools to help you stay safe and well while you stream for Mind.

In this toolkit you'll find tips to make your stream experience safe for you and everyone involved. From planning how to moderate your chat to online wellbeing tips and setting chat rules.

Plus, if you're not already signed up find out how to join the stream team.

**Stream for
Mind** 

The logo icon for Stream for Mind, which is a white right-angled triangle pointing to the right. Inside the triangle, there are two blue curved lines that resemble a stylized 'M' or a smiling mouth.

A word from Joeseephyr

Hear from content creator and Mind media volunteer, Joeseephyr, who talks about why mental health is important for streamers and how to look after your own wellbeing.



Wellbeing information



Click the buttons
above to find out more!

Moderation wellbeing info

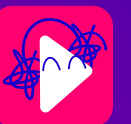
Your stream should be a fun and welcoming space to spend time together, supporting mental health.

Planning moderation before will make things easier during your stream.
Here's what we recommend:



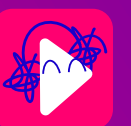
Ask a friend to act as a chat moderator.

Or download a free bot to filter and remove messages for you.



Make sure you and your moderator understand the space you want to create and what your responsibilities are.

If you're using a bot, make sure it's set up ahead of time.





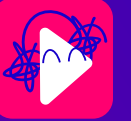
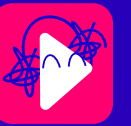
Give a heads up before discussing sensitive mental health topics like suicide or self harm.



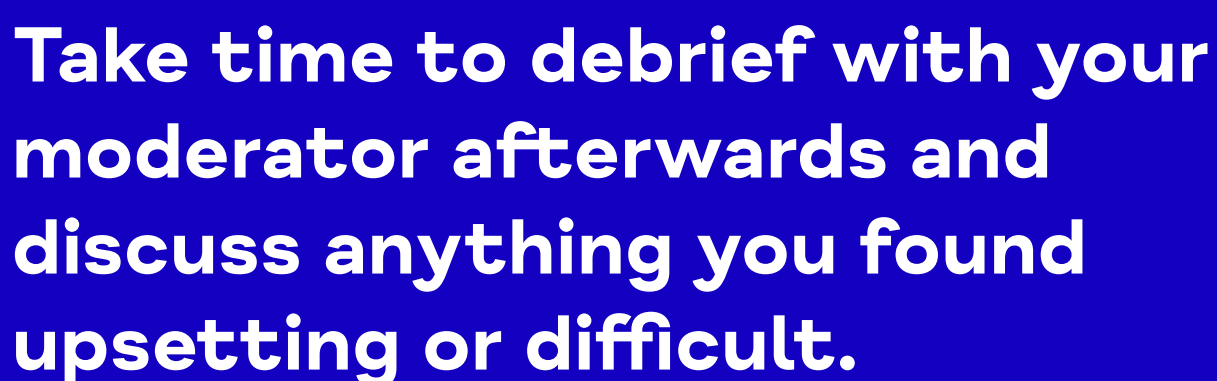
Set boundaries for people when it comes to sharing experiences of mental health.



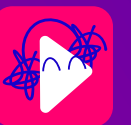
Take lots of breaks, so everyone has an opportunity to recharge.



Share or signpost your house rules at the start of your stream.



Take time to debrief with your moderator afterwards and discuss anything you found upsetting or difficult.



Setting your stream boundaries

Having some chat rules is a great way of fostering a kind supportive environment for your stream.

If you see any behaviour intended to bully, intimidate or threaten anyone taking part in your stream, block and report the person.

Our suggested chat rules:

- Be kind.
- Respect others.
- Listen to moderators.
- Please don't make jokes about mental health.
- No bullying, sexism, racism, homophobia or hate-based chat.
- Don't spam.
- No advertising or self-promotion.



Useful links

Ready to join the #streamteam?
Find out how it all works and sign up to
fight for mental health now.



Stream for
Mind 



Good luck!



Extra support:
Get in touch:

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