

This Space Should Come With A Mental Health Warning

An interview with **Marianne Le Coyte Grinney, co-founder of HeldMind** by **Jane Curtis**



Hi Marianne, thanks for joining us today. Please can you tell us about what you do?

I am a Family and Systemic Psychotherapist and Clinical Lead, I work for the NHS in the UK in their mental health directorate and I'm part of the leadership of an eating disorder service. I'm the clinical lead of a VC funded startup called Beanbag Health, we're developing an app for eating disorder treatment in England and the US.

I have a private psychotherapy practice with couples, individuals and families and lots of crypto native people who may be seeking a crypto native specialist in that domain.

Here in Web3, I'm the co-founder of HeldMind: a Web3 based team supporting people's mental health, sobriety and recovery in the space. We're a business to business support for projects, teams and individuals. We're a team of licensed Mental Health professionals, social workers, psychologists, psychotherapists and experts with lived experience.

I wanted to ask about HeldMind, how did that start and where did the idea come from?

HeldMind was initially founded by Doug, Dave, Aaron & Seth, 4 friends. Doug, Aaron & Dave have over 70 years of collective sobriety between them. They wanted to take that into web3....



Seth is an artist, he's worked for a number of big brands and he's got lived experience of mental health in his family. They wanted to do something intentionally with sobriety and mental health in the space.

I met Aaron in the MetaAngels Wishing Well. I made a Wish, a bit like the Randi Zuckerberg/Debbie Soon beginning (note: Randi Zuckerberg and Debbie Soon met in the MetaAngels NFT community and created, NFT accelerator and register, the HUG). I had been co-hosting a few mental health Twitter Spaces and I was thinking 'this is great, there are mental health channels and spaces', but after rocking up in the audience to some others I was like 'oh, ok, this is maybe not so good'. Some of it was really quite dangerous, a bit unethical. People were being very vulnerable and it wasn't led by trained professionals: the hosts were getting a bit scared and not sure how to respond and I was thinking 'there must be a better way to do this', so I put a Wish out in the MetaAngels Wishing Well saying; Hi I'm Marianne, I'm a Mental Health Professional, any like minded people want to do things a bit more intentionally, basically. And Aaron replied and within about a day we were on Zoom together....



We were very like-minded people and got on like a house on fire. So initially I started as a moderator within the Held Mind community but very quickly I was dedicating a lot of time to it, doing a lot of Twitter Spaces and we were pitching to Meta Angels to be on their Angel Labs accelerator. Soon after, Aaron and the team asked if I'd like to be a co-founder and I said yes absolutely and that was all within about a month!

We've set up mental health alliances with other projects in the space and part of that is a discord ping to ping that goes from our server out to other alliance servers. The alliance is curated mental health content from all the professionals on our team, reminders of where to access help, just keeping mental health alive in people's servers in a safe intentional way so people know where to go if they're having a crisis.

We have confidential support tickets in our discord which direct people to online and in real life support. If people are worried about calling helplines, we will speak to them. We can't offer therapy and we're very clear about that. We're not an NFT project but the paid strand of our business to business model is pivoting toward that. We offer training to other projects so we train projects in our alliances if they want that. For example we've done training for other project teams within the alliance so they know how to help their communities and server users in a crisis. It's not fair for moderators and CMs to have to manage that, they're not mental health professionals and actually you can say the wrong thing at the wrong time and make things 100 times worse.



Tell me more about the Mental Health Discord Pinging that you mentioned. How does that work between projects?

So in the HeldMind Discord server we have a channel called the Mental Health Alliance and it's only open to the people who have the Mental Health Alliance role within our allied projects: anything we post in our Mental Health Alliance channel automatically goes out to their channels. We've got about 30 projects in the alliance now, Meta Angels, Llamaverse, Zen Academy, Power of Women and many more.

Right now in this difficult Crypto space, people are exposed to these rollercoaster markets. How do you recommend people navigate that?

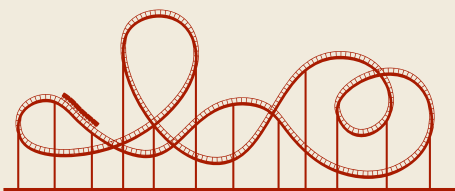
The communities and the people you surround yourself with is what will help get you through these really difficult times in the space.

Trying to get through this alone is really hard, having robust communities around you who aren't interested in shilling you something or talking floor prices or anything like that, is what is really valuable and important....





Alongside being able to ask for help when you need it and share that with likeminded people. You know if you go out and share with one of your mates who isn't in Web3, 'my bag has just got rekt', they'll be like 'what are you on about, it's just a jpeg' they won't understand the emotional attachment to what is actually happening, that fear and uncertainty, and we're all exposed to that in the market at the moment.



What is some tangible advice for people on the web3 rollercoaster?

- Trying to monitor your screen time
- Taking a step back from your phone
- Making time to prioritise yourself
- Getting outside and doing other things
- Surrounding yourself with people in the space who can remind you there are other things that are just as important to you outside of this space

Given what a 24/7 space this is, how are we going to build something long term that is mentally healthy?

That's almost like an oxymoron, do you know what I mean?

I really do believe this space should come with a mental health warning, and I mean that in a really intentional way, not a warning that you must not come here. But a warning that actually these are the potential things that can happen to you when you first enter the space, ie. your screen time may go up an awful lot and that can impact all sorts of things. Your melatonin levels and lots of other things, people might not realise. So people with fragile mental health to start with, if you come into this space, it's scary. I'm a mental health professional, I like to think I have quite robust mental health, but even my own mental health has been on a rollercoaster since being here. There's a lot going on, especially if you're a founder or moderator; you are kind of on it 24/7 and you only learn to put those boundaries in for yourself once you've unfortunately been there and done it.

I get reminded by the really amazing people around me, they'll be like 'why are you still online, go to bed!' that kind of thing, something to be accountable for, because people are reminding you.

When we are building this out, I know it's a bear market right now, but it's an ideal time to make really...

meaningful connections that aren't about the money or the floor price or FOMO-ing into something.

In Honey Badges we intentionally quieten the server at weekends, Geena, the founder, always makes it clear; you're not going to miss anything if you're not glued to your server, go outside, see real people, touch grass, breathe... which when things were much busier I found really helpful.

Yes. And the quietness of right now also breeds fear, some places are so quiet, even those bigger discords and that can also make people feel really unsettled and uncertain.

Have you got any final thoughts or tips?

If you need help, **be brave and reach out, and for others**, check in with people. It doesn't cost anything to say 'hi how are you?' we've got our GMs but go a bit further than that.

Say hello if you've got some time, and if you see someone struggling you can always send them across to [HeldMind](#), we're there 24/7 to help people if they need anything.

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