



AFK Room Overview

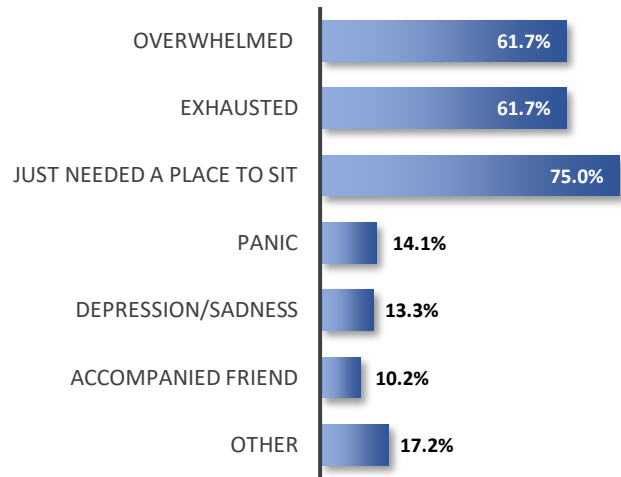
Since its creation in 2014, the Take This AFK Room has become the premiere mental wellness room at major conventions worldwide. Since the beginning of 2016, Take This' uniformly-trained volunteers helped over 11,000 convention attendees, exhibitors, and staff find respite and balance during otherwise busy and hectic conventions.

"This room actually is a large part of why I can attend a convention the size of PAX without breaking down...I really needed a minute to get myself together, but the friendly face and offer to help (unconditionally) was so kind."

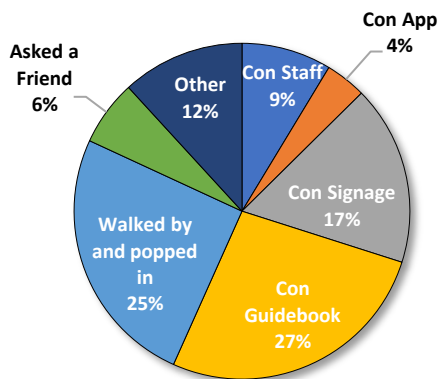
While the Take This AFK Room does not offer therapy or any sort of psychological services, roughly 1 in 7 attendees report seeking the comfort of the AFK Room and Take This' volunteers due to feelings of panic, depression/sadness, or a combination of both. Having a team of volunteers to empathically listen when requested, as well as offer general mental health education and referral resources, helps convention attendees, exhibitors, and staff to better enjoy the convention.

Reasons For Seeking the Take This AFK Room

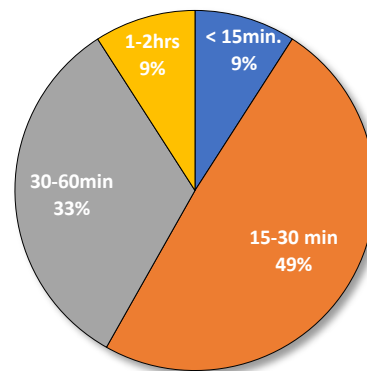
(attendees may select multiple)



How People Locate the AFK Room



Time Spent in AFK Room



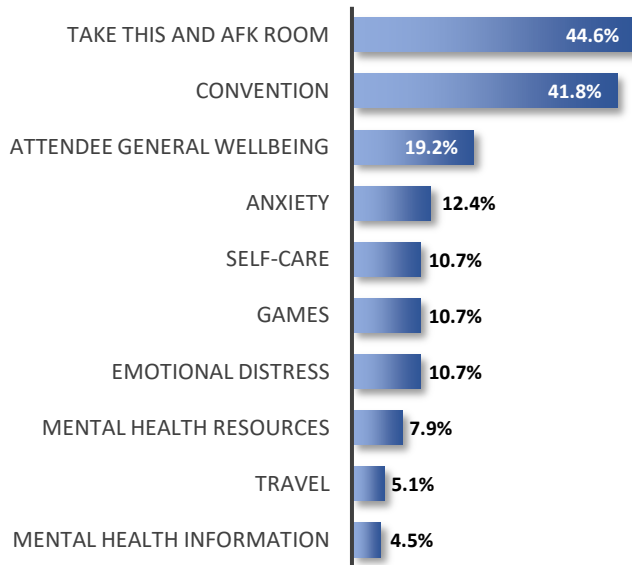
Take This partners closely with conventions, as convention support is vital to the success of the AFK Room. The vast majority of attendees (57%) find the AFK Room through convention staff, mobile apps, signage, and guidebooks. Take This also helps train partnered conventions' staff on recognizing signs of distress in attendees and other staff members, on empathically interfacing with them, and on convention self-care basics.



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Top 10 Most Discussed AFK Room Topics

(volunteers may report multiple topics)



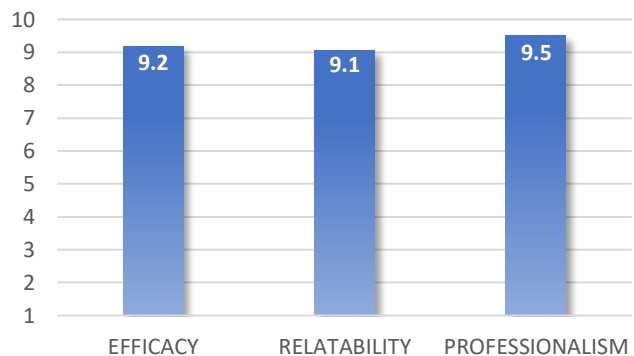
While Take This volunteers comprise of both licensed mental health clinicians and non-clinical volunteers, those attending the AFK Room should not expect an overly clinical experience. The most common topics discussed in the AFK Room, as reported by Take This volunteers, are often surprisingly mundane, such as talking about the convention itself or games the attendees love!

"I had a sudden bout of depression, and I was overwhelmed by everything. When I found the AFK Room, I went straight there. Once inside, it was very quiet, and the people there were so nice. It was so good that I honestly had to fight back tears. I never see rooms like this, and just having it available overwhelmed me with positive emotions. Thank you for this."

Attendee feedback about the Take This AFK Room volunteers reinforces the high quality of uniform training that Take This volunteers receive, as well as the service they deliver.

For more information on the Take This AFK Room, the information on this form, or if you are interested in bringing a high-degree of mental wellness to your convention, please contact Take This at info@takethis.org or see our website at TakeThis.org.

Attendee Feedback on AFK Room Volunteers



"As someone with PTSD and agoraphobia, sometimes events like this can be extremely overwhelming. Having a safe haven to breath and relax for a moment was great."

"THANK YOU for having a quiet space to sit and decompress. I feel like often this room is something you don't know you need until you walk in and feel the wave of relaxation."