

ambys, mood-first social app

community guidelines

last updated: February 2026

ambys is a space for real feelings, not performances. people come here to share what's actually going on inside and connect with others who get it

to keep this space honest, kind, and safe, we ask everyone **to respect a few clear boundaries:**

be kind and respectful

there's a real person behind every post >> speak to others with care

honor emotional honesty

share your mood authentically >> joyful, anxious, sad, confused, or anything in between, avoid judging, dismissing, or minimizing how others feel

maintain a safe space

content that promotes or glorifies self-harm, suicide, or violence is not allowed

if you're struggling, or if you see someone who might be in crisis, please use the app's support tools or reach out to appropriate resources

respect privacy

what's shared here often comes from a vulnerable place >> treat it with care

don't share private messages, personal information, or anything that violates someone else's confidentiality

stay on topic

use moods, tags, and themes thoughtfully to help others understand and connect with your experience. spam, unrelated promotions, or off-topic content don't belong on ambys

uplift, don't shame

everyone copes differently — avoid criticizing how others process or express their feelings

what's not allowed

to protect this space, the following **are not permitted on ambys:**

bullying, abuse & harassment

any content or behavior that bullies, threatens, harasses, or intimidates others

sexual harassment

unwanted, repeated, or sexually explicit messages or behavior

child sexual exploitation

any content involving or promoting the exploitation of minors is strictly forbidden

hateful content

hate speech or content targeting individuals or groups based on protected characteristics

violence & gore

threats, glorification of violence, or graphic/scary content meant to disturb others

suicide & self-harm

content that encourages, glorifies, or promotes self-harm or suicide — including jokes or suggestions directed at others

illegal activity

content that promotes or facilitates illegal actions (e.g. scams, fraud, coordinated spam)

illicit substances

content that promotes or encourages illegal drug use

impersonation

pretending to be someone else or creating fake profiles to deceive others

misinformation

intentionally spreading false or misleading information as fact

spam & trolling

obnoxious spamming, repeated unwanted content, or behavior meant to provoke or disrupt the space

unapproved promotion

excessive or unapproved marketing, ads, or promotions from outside brands

non-consensual nudity

sharing private or explicit images without consent

reporting & enforcement

→ if you come across content or behavior that breaks these guidelines, please report it in the app or contact us at support@ambys.app

if we find a violation, we may remove content or restrict access — temporarily or permanently

→ we may also **remove content** that goes against the spirit of ambys, even if it's not explicitly listed above

→ if you **believe a decision was made in error**, you can appeal — we're open to listening

*these guidelines exist to protect the people who choose to be real here >>
if they don't sit right with you, ambys might not be the right fit — and that's okay*

thanks for helping keep ambys kind, honest, and human ❤️