








Seo Analyzer 7cups.com

Generated on March 25 2022 05:52 AM





The score is 60/100



SEO Content

	Title	<p>Free Online Therapist & Counseling 7 Cups</p> <p>Length : 47</p> <p>Perfect, your title contains between 10 and 70 characters.</p>																
	Description	<p>Whether you're looking for a therapist or just someone to talk to right now during some difficult times, 7 Cups is a place where you can be heard. Start for free today.</p> <p>Length : 169</p> <p>Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.</p>																
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.</p>																
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1346 1481 1928"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>site_name</td> <td>7 Cups</td> </tr> <tr> <td>image</td> <td>https://www.7cups.com/cloudfront/img/cup_cover.png</td> </tr> <tr> <td>image:alt</td> <td>7 Cups</td> </tr> <tr> <td>image:width</td> <td>721</td> </tr> <tr> <td>image:height</td> <td>450</td> </tr> </tbody> </table>	Property	Content	type	website	locale	en_US	site_name	7 Cups	image	https://www.7cups.com/cloudfront/img/cup_cover.png	image:alt	7 Cups	image:width	721	image:height	450
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	Headings	<table border="1" data-bbox="539 1966 1481 2033"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>7</td> <td>1</td> <td>4</td> <td>4</td> <td>5</td> </tr> </tbody> </table>	H1	H2	H3	H4	H5	H6	1	7	1	4	4	5				
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SEO Content

		<ul style="list-style-type: none">• [H1] Need Someone to Talk to? Our Counselors and Listeners Are Standing By.• [H2] Welcome to 7 Cups• [H2] About 7 Cups• [H2] Get support with online therapy• [H2] Anonymous virtual chat with caring listeners• [H2] Meet people who understand• [H2] We're here for teens too• [H2] Nurture your mental health, try self help made easy.• [H3] 7 Cups connects you to caring listeners for free emotional support• [H4] Grow at Your Own Pace• [H4] Free 24/7 Chat• [H4] Affordable Online Therapy• [H4] That's why 7 Cups was born.• [H5] Explore self help guides & growth paths for proven tips and advice on how to feel better• [H5] Be heard by volunteer listeners and chat with others who understand in support chat rooms• [H5] Confidential online therapy & counseling with licensed therapists, for \$150 per month• [H5] Don't miss a message!• [H6] The 7 Cups app is available on iOS and Android• [H6] About Us• [H6] Get Started• [H6] Online Therapy• [H6] Terms
	Images	We found 58 images on this web page. 40 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : 30% Ideal! This page's ratio of text to HTML code is between 25 and 70 percent.
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.

SEO Links

		
	In-page links	We found a total of 29 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 3.45%</p> <p>External Links : Passing Juice 6.9%</p> <p>Internal Links 89.66%</p>

In-page links

Anchor	Type	Juice
Skip to main content	Internal	Passing Juice
Skip to bottom nav	Internal	Passing Juice
Home	Internal	Passing Juice
Support Students	Internal	Passing Juice
Support Employees	Internal	Passing Juice
Support Nonprofits	Internal	Passing Juice
O&A	Internal	Passing Juice
Login/Signup	Internal	Passing Juice
About 7 Cups	Internal	Passing Juice
H Prize	Internal	Passing Juice
7 Cups Foundation	External	Passing Juice
7 Cups Store	External	Passing Juice
Resources	External	noFollow
Give 7 Cups a Try	Internal	Passing Juice
Mental Health News & Advice	Internal	Passing Juice
Volunteer as a Listener	Internal	Passing Juice
Careers at 7 Cups	Internal	Passing Juice
7 Cups Academy	Internal	Passing Juice

In-page links

Organizations	Internal	Passing Juice
Our Support Community	Internal	Passing Juice
Considering Therapy?	Internal	Passing Juice
Search for a Nearby Therapist	Internal	Passing Juice
Privacy Policy	Internal	Passing Juice
Terms of Service	Internal	Passing Juice
Safety at 7 Cups	Internal	Passing Juice
Teen Safety	Internal	Passing Juice
Crisis Resources	Internal	Passing Juice
Support & Feedback	Internal	Passing Juice
Back 7 Cups	Internal	Passing Juice

SEO Keywords

	Keywords Cloud	free Cups online therapy support chat listeners get volunteer help
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Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
cups	19	✓	✗	✓	✓
support	13	✗	✗	✗	✓
therapy	13	✗	✗	✗	✓
online	12	✓	✗	✗	✓
help	9	✗	✗	✗	✓










Usability

	Url	Domain : 7cups.com Length : 9
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Usability

	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	You have not specified the language. Use this free meta tags generator to declare the intended language of your website.
	Dublin Core	This page does not take advantage of Dublin Core.

Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 35 Warnings : 8
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Too bad, your website has too many CSS files (more than 4). Too bad, your website has too many JS files (more than 6). Perfect, your website takes advantage of gzip.





Mobile

	Mobile Optimization	<ul style="list-style-type: none"> Apple Icon
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Mobile

- ✓ Meta Viewport Tag
- ✓ Flash content

Optimization

	XML Sitemap	Great, your website has an XML sitemap. http://7cups.com/sitemap.xml
	Robots.txt	http://7cups.com/robots.txt Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.  Google Analytics