THRIVE Lifeline

A crisis hotline staffed by marginalized people in STEMM

Text "THRIVE" to +1.313.662.8209

24/7/365
Signs you might need help

- Lasting sadness or uncontrolled crying
- Social withdrawal
- Changes in sleep or eating habits
- Mood swings
- Substance misuse
- Feeling worthless, hopeless, or lost

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