



THRIVE
Lifeline

A crisis hotline
staffed by
marginalized
people in
STEMM

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**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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