



*Why Not Thrive?*  
Leadership, Team & Life Coaching  
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## Resources to help us all get through 2021 and thrive beyond

**Call 911** if you or someone you know is in immediate danger or go to the nearest emergency room.

### [National Suicide Prevention Lifeline](#)

**Call 1-800-273-TALK (8255); En Español 1-888-628-9454**

[The Trevor Project](#) | Saving LGBTQ Lives—Resources for Youth, [LifeLine](#)

### [Crisis Text Line](#)

**Text "HELLO" to 741741**

### [Veterans Crisis Line](#)

**Call 1-800-273-TALK (8255) and press 1 or text to 838255**

[Find Your Local Food Bank, Other Food Resources](#)

[COVID-19 Resource and Information Guide](#)—Downloadable in English and Spanish

## Organizations, apps and book that educate, inspire, and get active

[Southern Poverty Law Center](#)

[World Central Kitchen](#)

[Anti-Defamation League](#) great anti-bias resources, especially love their children's resources

[Local Harvest](#) provides a map for finding farmer's markets and supporting your local food economy

### **Inspiration/Meditation**

Mindfulness App—Guided Meditations—free

Calm or Headspace Apps—great reviews, but not free

[Gratefulness.org](#)

[The Sacred Art of LovingKindness](#) by Rabbi Rami Shapiro

[Radical Compassion](#) by Tara Brach

*Don't Just Survive, Thrive!*