



24hours Helpline  
**Græfik**  
**Warmline**

**Make sure you're not taking over 15hrs**

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- All
- Academia
- Activism
- Anxiety
- Art
- Balance
- Commercialism
- Courage
- Criticism
- Design
- Emotion
- Exuberance
- Film
- Humor
- Identity
- Job
- Labor
- Play
- Professionalism
- ...

Episode	Date	Name	Location	Duration
17	Apr 5, 2024	Kathleen Sleboda, Christopher Sleboda	Providence, RI, USA	24min
16	Apr 2, 2024	House of Gul	Providence, RI, USA	27min
15	Mar 15, 2024	Lydia Chodosh	Providence, RI, USA	28min
14	Apr 1, 2024	Kaela Kennedy	Providence, RI, USA	24min
13	Mar 28, 2024	Clinton Van Arnam	Providence, RI, USA	27min
12	Mar 15, 2024	Rebecca Wilkinson	Providence, RI, USA	28min
11	Apr 1, 2024	Berette Wilber	Providence, RI, USA	24min
10	Mar 28, 2024	Emily Bluedorn	Providence, RI, USA	27min
9	Mar 15, 2024	Nicole Anderson	Providence, RI, USA	28min
8	Apr 1, 2024	Team Thursday	Providence, RI, USA	24min
7	Mar 28, 2024	Husna Abubakar	Providence, RI, USA	27min
6	Mar 15, 2024	Shiyue Wang	Providence, RI, USA	28min
5	Feb 1, 2024	Gabriel Drozdov	Providence, RI, USA	24min
4	Jan 07, 2024	Glikeriya Shotnova	Providence, RI, USA	27min
3	Jan 07, 2024	Michelle Belgrod	Providence, RI, USA	28min
2	Jan 07, 2024	Alec Figuracion	Providence, RI, USA	28min
1	Jan 07, 2024	Selena Kuhuan Wu	Providence, RI, USA	28min

- AllAcademiaActivismAnxietyArtBalanceCommercialismCourageCriticismDesignEmotionExuberanceFilmHumorIdentityJobLaborPlayProfessionalismMore
- Self-discoverySolaceSpiritualityTherapyUpliftVulnerabilityWork

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**Episode 16**  
**Apr 2, 2024**  
**House of Gul**  
**Portland, Oregan USA**

**27min**

**Soo Min Lee** 00:00

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**House of Gul** 01:32

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