How to Use Flourish

The Main Menu

This is the main menu of Flourish, the "home base" for all activities within the program. At the initiation of the program, you will be taken to the main menu. After completing an activity, you will be given the option to return to the main menu.

Main menu: What would you like to do?

1 - I'd like to learn about how to get support for myself.

2 - I'd like to do an activity to calm down or feel better.

3 - I'd like to learn how to deal with online negativity.

4 - I saw someone else experience online negativity & want to learn how to help them.

5 - I'd like to visit Flourish's website.

6 - I can't remember what these sections are about, can I learn more?

7 - I'd like to speak with a Flourish coach.

8 - Nothing right now.

You may have interests in more than one option. Choose the one that you think will be most helpful right now.

Hashtags

Hashtags act as shortcuts to initiate a specific part of Flourish.

#menu: Return to the main menu

#start: Initiate conversation with Sprout

#help: See people and resources you can go to for help and support

#bug: Report a bug (when something seems off about how Sprout is communicating, for example messages not sending or out of order)

Important to Know about Sprout

Sometimes Sprout doesn't catch what you're saying right away. If Sprout doesn't respond, try re-entering your response.

Sprout only understands certain replies. If you say something else, Sprout won't get it.

Sprout is here to help. If you say some words that might suggest you're at risk of harm, the study team will be notified.

Sprout is still learning. If Sprout is saying things in a way that doesn't make sense or is out of order, you can reach out to the study team for help or text **#bug** and describe the issue there.

You will use Flourish for 4 weeks.

Sprout will remind you to use Flourish if you have not used it for 4 days.

The study team will reach out to you if you do not use Flourish for a week.

You can access the Flourish website for resources at any time: https://flourish.pitt.edu/