

Media kit



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Hi, I'm Nina!

FOUNDER & CEO

In 2019, Nina began working as a crisis line peer counsellor for the Toronto Rape and Crisis Centre. She saw firsthand how survivors of sexual assault struggle for years with flashbacks, anxiety, depression and more.

Trapped in a vicious cycle, trauma survivors become vulnerable to other types of abuse. While offering peer counselling, Nina learned about the long-term impacts assault and abuse have on a survivor's physical, mental, financial and professional life.

Sexual assault is the only violent crime in Canada and the world that is not on the decline. Globally, 1 in 3 women and 1 in 5 men are sexually abused every year. Even though this problem is growing exponentially, very few digital resources are available to help this vulnerable community. At the end of a 20-minute call on the crisis line, Nina often felt frustrated that there wasn't anything more she could do to help the person through their trauma. That's when the idea of Go Thrive Go, a self-therapy app for survivors, was born.

Go Thrive Go is being developed with the feedback of survivors and the guidance of psychotherapists. It aims to serve survivors in their moments of crisis when they cannot access or afford a therapist. Nina hopes this app will ease the burden on our overextended support systems and become an essential tool in a survivor's tool kit.

