No one—no matter how courageous—can keep being exposed to other people’s pain, suffering and despair without it taking a toll.

Everybody needs a helping hand at some point, especially those working on the front lines of this unrelenting coronavirus outbreak.

Confidential support is available. You just need to make the call.

And Samaritans, the organization that has run the city’s crisis response hotline for 37 years, will arrange for you to receive a call from one of our caring hotline staff who are trained in active listening and the non-judgmental philosophy we call “befriending” to check-in with you, discuss how you’re doing and the challenges you might be dealing with.

Call our Mental Health Wellness Support line at (212) 673-3661 and leave a message with your name, phone number and a period of time that you can be reached no sooner than 24 hours from when you leave the message.

CALL (212) 673-3661 TODAY!