

# WHILE YOU'RE HELPING OTHERS, YOU DESERVE SOME SUPPORT, TOO



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!**