

SOME TIMES YOU JUST NEED SOMEONE TO TALK TO

Especially in these times of social distancing, quarantine and isolation, it can be hard to access the help, support and understanding you need.



and sometimes your family, friends or colleagues just won't do!

***But help is available and
you can schedule a call today!***

Due to the coronavirus outbreak that has impacted so many New Yorkers and the government's "stay home" orders, the staff of NYC's longest-running crisis response service, Samaritans, has had to place the 24-hour suicide prevention hotline that answers 75,000 calls from New Yorkers in distress annually on "temporary hold" for the first time in 37 years.

But that's not stopping us from being available to provide you with support

If you would like to receive a call from Samaritans, it's simple.

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.***

And Samaritans will arrange for you to receive a call from one of our hotline staff who are trained in active listening and the non-judgmental philosophy we call "befriending" to "check-in" with you, discuss how you are doing, the challenges you might be dealing with and provide a safe outlet for you to talk about what you are feeling during this difficult time.

**THE CALL IS FREE
THE BENEFIT, PRICELESS.**

CALL (212) 673-3661 TODAY!