

Samaritans

You don't have to wait for a crisis to get support.



MENTAL HEALTH WELLNESS LINE

CONFIDENTIAL + FREE SUPPORT

Support on your schedule.

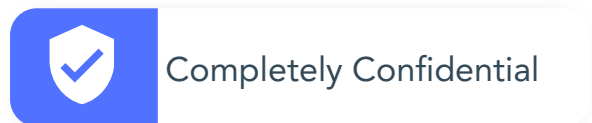
No matter the time or circumstance, we're here for you. With Samaritans' free mental health wellness line, you're empowered to plan ahead and arrange a supportive call that suits your schedule.

The wellness line is a proactive approach to tackle stress and life's challenges. Instead of waiting for things to become overwhelming, you can incorporate preventive support into your routine.

Your planned moment of care.

When you schedule a wellness call, a trained, compassionate Samaritans' volunteer will reach out to you at the designated time.

They will check-in with you, explore how you're feeling and engage in a supportive conversation about how you're managing and what's going on for you.



Completely Confidential



Non-judgmental Support



Free of Charge

HOW TO SCHEDULE

Want to receive a support call from Samaritans?

It's simple!

Call our Mental Health Wellness Line + leave a message with your **name, phone number** + a window of **time** that you can be reached.

