



WHERE WORDS FALL SHORT, EMPATHY PREVAILS

My father's legacy taught me that our empathy is what unites us. In his memory, I carry forward the belief that this shared bond makes suicide prevention a cause for us all.

By Jack Harrington

"Sorry, I couldn't possibly understand what you're going through."

These are the words I remember hearing the most in the aftermath of losing my father to depression and a difficult mental health battle. These words, expressed with love and loss, tried to offer as much emotional support as possible while being conscientious of my feelings. Though I understand the spirit of what was said, they somehow rang hollow.

I was shocked that the very people who said they couldn't understand what I was going through seemed to feel the pain right alongside me. Witnessing the depth of their emotions—some even once or twice removed from my immediate family—reminded me of the profound strength and kindness in human empathy.

Those who feel they couldn't possibly help are often the ones best suited to.

Our superpower as humans is our empathy—our ability, even for a moment, to stand in someone else's shoes and feel what they're feeling. I learned this more than ever after my father passed away.

Those who feel they couldn't possibly help are often the ones best suited to—because they approach someone who is suffering with genuine seriousness and an empathetic nature.

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Suicide prevention does not belong solely to those who have battled their own crisis or who have endured tragedy...
It belongs to us all.

My father always said we all need to find our own causes—those that resonate with the types of communities we want to build and the ways we want to treat each other. A youth coach and community leader for well over a decade, sports were close to his heart. He believed athletics and athletic achievement were powerful ways to impart work ethic and life lessons.

My father held firm that all of us can better our communities, in different ways. And that by letting our passions drive our service, we make everyone around us stronger.

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The cause of suicide prevention does not belong solely to those who have battled their own crisis or who have endured tragedy. It belongs to anyone who has offered care and concern, who has stood by someone—even when they didn't know what to say. It belongs to those who, in even the smallest ways, have supported, empathized with, or empowered someone who was struggling. It belongs to anyone who has given their time, attention, money, or effort to this noble cause. **It belongs to us all.**

I thank you for supporting Samaritans. You have my heartfelt gratitude for being involved with such a phenomenal group. I encourage you to consider donating to further the wonderful efforts of this brave group of volunteers.

But perhaps most of all, I hope you realize the power of your own empathy.

In empathy and unity,

Jack Harrington

ABOUT JACK HARRINGTON

Jack grew up in Connecticut with his close-knit family—his mom, Kathy, dad, Scott, and brother, Scooter. After losing his dad in 2022, Jack felt drawn to honor his legacy by advocating for mental health and suicide prevention.

Jack is currently a Vice President in High-Grade Credit Sales at Bank of America. He lives in NYC with his fiancée, Sarah, just down the block from his brother, Scooter.

When he's not in the city, Jack enjoys spending time with his mom on Cape Cod.