

## learn the facts about suicide

People who die by suicide do not warn others.

Out of every ten people who die by suicide, eight give definite clues about their intentions. Learning more about suicide warning signs may help you save a life.

People who talk about suicide are only trying to get attention. They won't really do it.

Few people die by suicide without first letting someone else know how they feel. Those who are thinking about suicide give clues and warnings as a cry for help. In fact, over 70% of those who do express a desire to kill themselves either make an attempt or die by suicide.

Don't mention suicide to someone who's depressed or upset. It will plant the idea in their minds and they will act on it.

Many depressed people have already considered suicide as an option. It is often a great relief for people with suicidal thoughts just to know others have noticed how much pain they are in. Simply being there for them and acknowledging their pain can be very powerful.

### Samaritans

is a non-denominational, not-for-profit volunteer-based organization dedicated to reducing the incidence of suicide by befriending individuals in crisis and educating the community about effective prevention strategies.

#### Samaritans Statewide Helpline

**1-877-870-HOPE (4673)**  
Call or Text Samaritans



Samaritans Inc



@SamaritansHope

To **volunteer** or **donate** please visit our website at **samaritanshope.org**



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## Our Programs

Community Education and Outreach

24/7 Crisis Services

Grief Support Services

## PREVENTION

### Community Education and Outreach

#### Workshops

Education is an important and effective suicide prevention tool. Through the Samaritans' outreach program, we train people about identifying those at risk for suicide, how to help them, and suicide prevention strategies. We are available to train teachers, professional groups, civic, religious and social organizations. We also offer workshops for student and youth groups—and talk with them about the best ways to help friends in crisis.



#### Senior outreach

Seniors are at a higher risk of suicide than the general population. Samaritans offers specialized workshops for seniors about suicide and suicide prevention. We meet in a variety of settings, including independent living centers and retirement communities.

## INTERVENTION

### Crisis Services

#### Befriending

Each day, hundreds of people who are struggling with loneliness, depression, or suicidal feelings turn to Samaritans in search of the respectful, non-judgmental support that is the cornerstone of our services since 1974. Whatever the challenge or struggle, those who are suicidal or despairing will find at Samaritans what we all need from time to time: a caring, compassionate person offering emotional support and a willingness to share our burden.

#### 24/7 Crisis Services

Samaritans provides a free and confidential 24-hour phone befriending service. This unique service is staffed by trained volunteers who provide unconditional and non-judgmental support to those who are alone, depressed, or in crisis. Whatever the challenge or struggle, anyone who is suffering can find a caring, empathetic person who will listen and understand.

In addition, Samaritans offers a specialized teen helpline and online emotional support. The helpline is free, confidential, and staffed during after-school and weekend hours by teenage volunteers who are trained to be compassionate and supportive listeners. Online emotional support is available to Massachusetts high school and college students through our IM Hear\_ program. Since 2012, this online chat service provides confidential peer support and understanding to teens who are struggling with feelings of depression, loneliness, and stress.

## POSTVENTION

### Grief Support Services

#### SafePlace

SafePlace is an open, drop-in, and confidential support group for survivors—individuals who have lost a loved one to suicide. This group provides survivors with a forum to grieve, share difficulties, and receive much-needed support and understanding. Trained Samaritans volunteers who are also survivors facilitate the meetings.

#### Survivor to Survivor Network

Survivor to Survivor Network provides one-on-one support to individuals and families in the aftermath of a suicide. This visit with trained volunteers offers survivors time to talk about their experience, share concerns, and ask questions.



#### Community support

When someone dies by suicide, whole communities of people within schools, companies, churches, and other organizations may need support in working through their loss. Samaritans provides befriending support and resources to assist in coping with this tragedy.

help

available

understanding