



**samaritans**

*you are not alone*

*"Whatever  
the reason...  
...you can call."*

If you ever feel isolated,  
despairing, or suicidal—  
Call Samaritans at any time.

**Samaritans Statewide Helpline**

**1-877-870-HOPE (4673)**

**Call or Text Samaritans**

It's confidential and free.

**[www.samaritanshope.org](http://www.samaritanshope.org)**

Have you or someone you know had any of the following experiences or feelings?

- Preoccupation with suicide and/or death.
- Feelings of sadness or hopelessness.
- Changes in behavior, such as erratic mood swings, sleeping patterns, or eating habits.
- Withdrawal from friends and/or social activities.
- Taking unnecessary risks.
- Increased use of alcohol or drugs.
- A recent loss.
- Feeling like you are a “burden” to others.

*you are not alone*