



Suicide prevention starts with connection.

Samaritans cultivates connections and supports communities to save lives and sustain survivors, every day.

AT A GLANCE

2023 Impact

JULY 1, 2022 TO JUNE 30, 2023

114,463

connections with individuals across all Samaritans programs

1,567

loved ones engaged in grief support

1,454

young people reached via peer-to-peer text

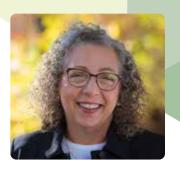
Dear Samaritans Community,

A compassionate connection at the right moment can save a life. For almost 50 years, Samaritans has proven the power of human connection, answering more than 3 million crisis requests and supporting 17,000 survivors of loss. Through calls, texts, support groups, and outreach, we provide a literal lifeline to all who need us. Because we understand that strength and healing are found in community.

This year, we forged new alliances that will allow Samaritans to be there for many more individuals going forward. The launch of the national 988 Suicide and Crisis Lifeline has improved access to our Helpline, and several new outreach and grief support programs have broadened our reach. Across our work, we've become more deliberate about effectively serving communities at highest risk for suicide, including people of color, LGBTQ+ folks, youth, and those in certain professions. Because here's something else we understand: Suicide prevention is not one size fits all.

This has been a year of thoughtful re-imagination at Samaritans as we've entered into humble partnership with community organizations that represent and serve higher-risk populations. It's been a year of listening, asking questions, and challenging what we know. Together with our partners, we've designed collaborative approaches to suicide prevention that are more attuned, more accessible, and deeply hopeful.

As we continue to expand and strengthen our web of connection, we remain grateful for our community—the donors, volunteers, partners, and friends who fuel Samaritans' lifesaving work. Thank you for staying connected.



Kathleen Chlarchs Kathleen C. Marchi **Chief Executive Officer**

& President

Suicide prevention is so much more than crisis services. When we build community, we are saving lives."

- Samantha Joseph, Chair of the Board of Directors

The Need for Connection

Suicide's causes are complex, but a simple connection can make a world of difference.

Samaritans works to address suicide by building relationships grounded in compassion and hope. We forge just-in-time connections for people experiencing mental health crises, and we facilitate support groups and outreach programs that help survivors cope and communities build the resources to prevent loss of life. In 2023, Samaritans was a leader in providing essential suicide prevention services in Massachusetts, with intensified focus on meeting the needs of the communities at highest risk of suicide.

OUR GOAL

To provide a genuine, accessible, empathetic connection for every person who needs one, until we reach our vision of a world without suicide.





Every 11 minutes

a person loses their life to suicide in the United States.

(CDC, 2022)



Up to 135 people

are affected by one suicide loss.

(Cerel et al, 2018)



The 2nd leading cause of death

for 10 to 14 year olds is suicide.

(CDC, 2022)



24/7 Helpline

Volunteers and staff answer calls and texts to our anonymous Helpline—part of the national 988 network—providing around-the-clock support to people in crisis and those seeking a kind listener.

96,620 calls answered

Hey Sam

A dedicated peer-to-peer texting service offers youth (up to age 24) the opportunity to reach out when feeling depressed, overwhelmed, or suicidal.

1,971 text conversations

Suicide Grief Support

In-person and virtual programs provide suicide loss survivors with support from peers who understand their grief journey.

1,488 people attended a SafePlace meeting

Education & Outreach

Free virtual and in-person workshops help schools and communities recognize warning signs of suicide and support better mental health.

14,305 people engaged



Samaritans 24/7 Helpline is an essential lifeline for those in crisis and those seeking a caring listener.

Our volunteers and staff provide nonjudgmental, confidential support to people who are suicidal, their loved ones, and individuals struggling with mental health. We are a leading provider of crisis services in our state, fielding hundreds of calls per day with translation available in more than 240 languages. This year, we extended our reach with the launch of the nationwide 988 Suicide and Crisis Lifeline, which makes it easier for callers to contact us.

In 2023, we expanded our internal capacity in two big ways to meet anticipated demand:

- We trained current volunteers on the new system and revamped our training program to onboard new volunteers more quickly.
- We hired 18 new staff members to help us answer more calls and ensure 24/7 coverage.



Helpline Prepares Volunteer for Future in Medicine

When the Covid-19 pandemic began, Allison Tu was an undergraduate student aspiring to a career in medicine. She did not yet have the training to assist in hospitals or vaccination clinics, but she wanted to pitch in. She turned to Samaritans to support those struggling with pandemic-related isolation and anxiety.

Allison continued to answer Helpline calls and mentor volunteers over the next two years, including her first year of medical school. Volunteering with Samaritans has helped her become a better, more empathetic listener. "Samaritans has been the most important experience for me in learning how to eventually talk to patients," she says.

"I think it's so valuable that we have Samaritans because it means there's always a number people can call."

"You don't have to be suicidal or have mental illness," Allison says. "We're never judging. We just want to be there and support you."

volunteers volunteer hours 96,620 calls answered



Samaritans new peer-to-peer textline de-escalates crises among teens and young adults.

In March 2022, Samaritans launched Hey Sam, a dedicated peer-to-peer youth texting service, to meet the urgent needs of young people impacted by increasing mental health challenges. Our youth volunteers and staff responded to 1,971 texts from young people during Fiscal Year 2023 and de-escalated 100% of those at imminent risk of suicide by collaboratively developing a plan to stay safe—a true testament to the power of our peer-to-peer model.

In 2023, we received \$1M in state funding to grow Hey Sam's capacity to support more young people:

- We expanded textline hours to be available from 9am to midnight, enabling more conversations during peak hours.
- We launched a youth advisory board to provide ideas and feedback for improvement and growth.

If you are a young person in need of support, send a text to **Hey Sam: 439-726**



Hey Sam Explores In-Person Connection

Guided by our new youth advisory board, we're exploring how Hey Sam's effective peer-to-peer model can support youth mental health more expansively via in-person events where youth educate one another, empower themselves as mental health ambassadors, and form connections that build strength and resilience.

Hey Sam convened its first in-person event in June at Artists for Humanity in South Boston. Approximately 120 youth attended the upbeat gathering, where they met like-minded peers, learned more about Hey Sam, and got creative through activities led by youth artists. The next event is planned for spring 2024.



Suicide is the second leading cause of death for 10 to 14 year olds, and the third leading cause for 15 to 24 year olds. (CDC, 2022)

75 volunteers

1,454 young people supported

100%

de-escalation of imminent risk Hey Sam conversations

My experience on the textline has been challenging but ultimately so rewarding. I have the chance to be the support I never received in similar situations."

- Hey Sam volunteer



Samaritans provides a safe, healing community for those who have lost a loved one to suicide.

Our grief support programs offer suicide loss survivors connection on their own terms, alongside others who understand this uniquely painful form of loss. In the fall of 2022, we restarted inperson SafePlace meetings for loss survivors in Massachusetts. We also continue to offer virtual options, introduced during the pandemic, for loss survivors from all over the world. The group meetings, along with individual Survivor-to-Survivor visits, provide a critical source of support at every stage of grief and recovery.

This year, Samaritans developed two new support groups for specific communities experiencing loss.

- We partnered with Ben Speaks (funded by The Parmenter Foundation) to create a SafePlace group for parents who've lost a child to suicide.
- We're collaborating with McLean, a psychiatric hospital in Belmont, to create a loss group for their community to launch in 2024.

SafePlace Meetings

Suicide loss survivors come together to share resources and support through the grieving process. These free, drop-in groups (offered remotely and in-person) are facilitated by trained volunteers who are themselves loss survivors.



Survivor-to-Survivor Visits

Trained volunteers meet with recently bereaved individuals and families in their homes, virtually, or another comfortable setting. Volunteers (who are loss survivors themselves) listen, answer questions, and provide support and resources.



Annual Memorial

Each January, Samaritans hosts a memorial event to honor loved ones lost to suicide. At this open event, loss survivors and other members of the Samaritans community come together to reconnect with one another, find support, and share memories.



SafePlace meetings

SafePlace attendees Survivor-to-Survivor visits





We help prevent suicide by cultivating awareness and expertise within communities.

Samaritans leads free workshops that help people learn to recognize the warning signs of suicide and foster better mental health in their schools, workplaces, and neighborhoods. This community-centered approach is a critical element of prevention, empowering service providers, educators, families, and peers with the resources and confidence to support individuals who struggle, while cultivating healthier environments for everyone.

This year, we've expanded our outreach through new community partnerships and with a network of part-time trainers who represent a variety of backgrounds and areas of expertise.

- We offered 31% more workshops and reached 68% more individuals than last year with our expanded team of trainers.
- We collaborated to support LGBTQ youth and elders, young men of color, Latinx communities, professional truck drivers, and veterinarians.

Building Awareness in Partnership

FOLLOW SUIT

We collaborated with a mentoring program in Roxbury, MA, to codevelop a suicide prevention curriculum for boys and young men of color. The new workshops create a safe space for boys and young men to develop skills to talk openly about mental health. Nationally, young Black men have experienced a 60% increase in suicide rates since 2017.

RYDER, INC.

We collaboratively developed suicide awareness and prevention materials (including a podcast) for professional truck drivers, one of the occupations at highest risk for suicide. The well-received training has become mandatory for all Ryder drivers and managers.



Samaritans Trainer Sissi O'Shaughnessy asked students what keeps them going when things get difficult at a Natick High School Wellness Fair.

total programs

109 adult workshops **205** teen workshops 17 community events

people reached

of adult workshop attendees agree they have a better ability to recognize warning signs of suicide



Samaritans helps us find a community... someone to talk to, someone to be heard by. Isn't that what we're all striving for? We're striving to be seen and heard every day, for someone to say to us, 'We value you."

- Nina Selvaggio, Executive Director, Greater Boston PFLAG

Building Community and Hope for Suicide Survivors in Boston

Toy Burton never planned to start a nonprofit. In 2017, a friend reached out asking her to speak to a suicide loss survivor, and Toy, who is both a suicide loss and attempt survivor, began searching for resources to offer as follow up. She couldn't find any located in her community—Roxbury, MA-or that centered survivors of color. "To me, it wasn't acceptable," Toy says, "I decided, I'm going to create something that is accessible to my community."

Toy founded DeeDee's Cry-named in honor of her sister, Denita Shayne Morris-that same year. She began with a suicide awareness event and went on to facilitate BIPOC-focused panels on an array of mental health topics. Today, DeeDee's Cry hosts multiple community events per year, including the annual Mental Health While Black Summit, as well as virtual support groups for loss survivors, attempt survivors, and those healing from trauma.

Toy says, "The foundation of everything that we do is bringing people together... to build a sense of family, connectedness."

Over the past year, Samaritans began working with Toy to support the BIPOC community. We were a sponsor and resource table host at the Roxbury Unity Parade last July. In September 2023, we co-hosted a discussion on gun safety and suicide prevention with DeeDee's Cry, the Massachusetts Coalition to Prevent Gun Violence, and the MGH Center for Gun Violence Prevention. Currently, Samaritans is serving as an advisory partner in the development of a LOSS (Local Outreach to Suicide Survivors) Team for families in Roxbury. Dorchester, and Mattapan, funded by the Boston Public Health Commission. The DeeDee's Cry

LOSS team will provide compassionate listening and timely resources to families following a suicide, in coordination with first responders.

As a loss survivor herself, Toy knows how important this immediate connection can be. "I remember when the police came and told my family that my sister died by suicide," she says. "There were no resources, there was no compassion, there was nothing."

As an important first step, Toy developed a Boston-specific resource guide with the Louis D. Brown Peace Institute, another partner. The guide walks families through everything from planning a burial to finding moments of affirmation and includes Samaritans resources.

"Toy is revolutionizing what suicide prevention looks like in her community. Samaritans is honored to work alongside DeeDee's Cry, and we look forward to continued partnership," says Kacy Maitland. Samaritans Chief Clinical Officer.

When we're in community—sharing a meal, music—it does provide support. Though the topic may be heavy, we always end with hope."

- Toy Burton, Founder and Executive Director, DeeDee's Cry



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2023 FUNDRAISERS

Growing Our Community

We thank this year's runners and HopeRaisers from the bottom of our hearts.

Each year, members of the Samaritans community support our suicide prevention mission with creative and heartfelt fundraising initiatives and as runners in the Boston Marathon®, TCS New York City Marathon, and Samaritans 5K Run/Walk for Suicide Prevention. Many of these dedicated fundraisers are themselves survivors of suicide loss. Together, they mobilize significant funds that help fuel our crisis services, grief support programs, and community outreach.

HopeRaiser Spotlight: Jillian Weidner

Jillian Weidner, a 2023 Miss Massachusetts USA contestant, used this year's pageant as a platform to advocate and fundraise for a cause near to her heart: suicide prevention. A survivor of two family losses due to suicide, Jillian successfully raised more than \$1,500 for Samaritans as a part of her HopeRaiser.



\$7,608,932

raised in 2023 to support our lifesaving work

FROM EVENTS, INDIVIDUAL DONATIONS, CORPORATIONS, AND FOUNDATIONS



Marathon Spotlight: Maggie Small

Maggie Small always knew she wanted to run the Boston Marathon, and she knew she wanted to run for Samaritans—an organization she connected with in 2018 after losing her best friend to suicide. Maggie fulfilled that dream this year, running the 2023 Boston Marathon in honor of her friend while raising \$12,066 for Samaritans.

The training was difficult, but Maggie stayed motivated by picturing how she would feel crossing the finish line and how proud her best friend would be.

"I've never been in so much pain, and I've also never felt so loved," says Maggie. "I know that my friend was seeing this, thinking 'Wow, Maggie did this!' and I know that she was with me the whole way."

Maggie recently deepened her connection with Samaritans by joining the Council, where she hopes to help more young professionals connect with Samaritans resources.

"A lot of people my age are having struggles, or have lost people, and they don't know where to turn because they aren't in a school environment anymore," Maggie explains.

"I would love to see more young professionals involved with Samaritans."

\$67,749 raised by HopeRaisers

Boston Marathon Team

\$652,390 Samaritans 5K Run/Walk

TCS NYC Marathon Team

Celebrating Community + Connection at the Breakfast for Hope



Anthony Thompson, Founder of Follow Suit and Samaritans community partner

More than 500 members of the Samaritans community gathered at the Boston Park Plaza on May 23 for the annual Breakfast for Hope. This year's event focused on the power of community and connection to prevent suicide. Samaritans honored the Bancel Family and Bancel Philanthropies for their generous support and highlighted partnerships with community organizations that support populations at heightened risk for suicide, including Follow Suit, a Boston-based nonprofit that is collaborating with Samaritans to support the mental health of boys and young men of color. Other featured partners included Greater Boston PFLAG, Awareness 617, El Mundo Boston, Better Vet, and Ryder System, Inc.



Samaritans board member Apratim Purakayastha (L) and Kathleen C. Marchi (R), Samaritans CEO & President



Chloe Bancel, Demetra Navab, Stéphane Bancel, and Chris Koobatian (L to R)

This year's Breakfast for Hope attendees raised more than \$578,000 for Samaritans' suicide prevention services.

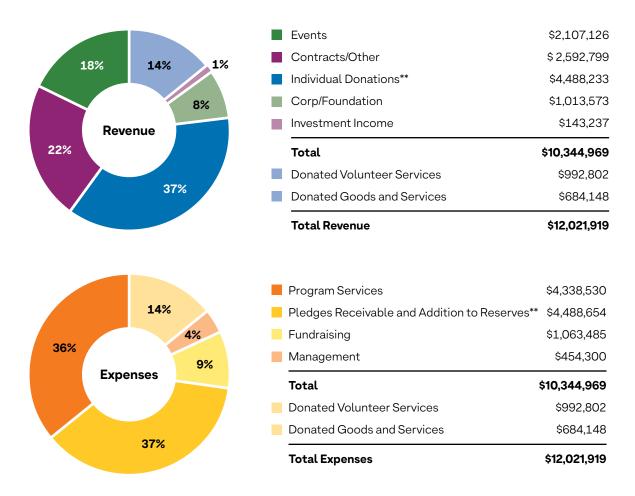
"It's one thing to... give a pat on the back, but to... show young men that you have hope in them, as well as fostering an environment for them to be comfortable, to be heard, to feel important, can do wonders," said Joshua Ramgeet, Follow Suit alumnus and Breakfast for Hope speaker.

"I learned that with Follow Suit, and I'm learning that now with Samaritans."

FISCAL YEAR 2023 FINANCIALS*

Statement of Activities

JULY 1, 2022 TO JUNE 30, 2023



^{*}All FY23 financials are unaudited **Individual donations reflect current gifts and multi-year pledges from commitments to our Every Conversation Counts campaign. Growth in our reserves reflects the campaign activity.

A Year of Growth and Investment

As Samaritans implements our strategic plan to expand the reach of our programs and services, our budget has grown as well. In 2023, total revenue rose significantly due to multi-year pledges from individual donors as well as more than \$2.5M of state and federal funding for Hey Sam and for the launch and operation of the 988 Suicide and Crisis Lifeline. We are grateful to the many donors who have made commitments to our future. By adding to our reserves we are better positioned to weather changes in the funding landscape while sustaining our critical services, ensuring that everyone has somewhere to turn.

Our Community of Support

We are so grateful to our generous Life Saving Society donors who contribute \$1,000 or more annually. Your support makes our work possible.

Please let us know if you identify any mistakes in this listing.

*Board of Directors | **Samaritans Council Members | **Bold denotes multi-year intentions**

Honor Circle

\$1,000,000+

Bancel Philanthropies

Gratitude Circle

\$500,000-\$999,999

Julie and Kevin** Callaghan Cummings Foundation Manton Foundation Sanofi

Humanity Circle

\$200,000-\$499,999

David** and Kay D'Orlando

Appreciation Circle

\$100,000-\$199,999

Stewart** Chapin & Bennett Family Foundation Debbie* and Timothy Connolly Samantha Joseph* Liberty Mutual Insurance Reuben and Arlene Mark Lisa E. Sarno**

Kindness Circle

\$50.000-\$99.999

Stephen and Carol Cohen

Tina Snider Foundation

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Albert and Diane Kaneb
Margaret Stewart Lindsay Foundation
Jeanine and R Douglas* Murphy
Apratim* and Urmi Purakayastha
Jeffrey and Nora Smith
Windover Foundation

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\$25,000-\$49,999

Anonymous

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The Parmenter Foundation

Compassion Circle

\$15,000-\$24,999

Anonymous (2)

Thomas** and Fran Bartlett Cabot Family Charitable Trust

Charles Freeman

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The Snider Foundation

Empathy Circle

\$10,000-\$14,999

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Skillsoft

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Hope Circle

\$3,000-\$4,999

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Boston Celtics

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\$1,000-\$2,999

Anonymous

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Mario Gabelli

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Julie Gordon

Robin Giblin

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Elizabeth Lowrey
Amy and Richard Lyman
Steve and Michelle Mabry

Steve and Michelle Mabry

Linda and Robert MacIntosh

Marisa Marino Lynne Marks Sarah Mars Michael Marshall Gregory Martin

Gregory Martin

Joshua B Martin

Massachusetts Association

of Health Plans

Massachusetts Association for Mental Health, Inc.

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Maureen McCarthy Sean McConnell

Christopher McKown and

Abigail Johnson Margaret McNeill

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Christine Minihane
Miro Consulting

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John and Maureen O'Donnell

Ann Marie Oliver* Scott Oliver Rachel Pachter Carol Parks

Peter and Tracy Parsons

Mandie Wallinger Award 2023 Recipient: Niklas Jordow

This year, Samaritans honored Helpline volunteer Niklas Jordow, pictured left, for his dedicated service, empathetic listening, and mentorship of new volunteers. Niklas joined the Helpline team in February 2022 and took on a mentor role in 2023. He also ran the Boston Marathon for Samaritans in 2023 and recently joined the Samaritans Council. He is recognized for embodying the qualities of long-term Samaritans volunteer, staff member, and friend, Mandie Wallinger, who exhibited compassion, dedication, ambition, and a constant drive to help those in need.



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Stephen Wietrecki William James College Simone Winston

Danielle and Greg Wolfus Marliese Zafiropoulos

Gary Zartarian Michael Zimmerman

Monica Dickens Legacy Society

The vision of our founder Monica Dickens lives on through our Legacy Society. Thank you to Society members, who have made a bequest in their will or designated Samaritans as a beneficiary of their retirement plan, life insurance, or other means.

Marc and Suzanne Bellanger

Julia Burns Estate

Maryanne Cataldo Estate Joseph D. Feaster, Jr.**

Kyle Freeman**

Risa Greendlinger and Donald Reed

Donalda Hingston Roberta Hurtig Abigail Ingalls Samantha Joseph* Janet Lawn

William Lockeretz Estate Robert McGuiness** Edith Michelson Milender

Steve Mongeau

Lewis Vincent Olson Estate Martha A. O'Neil Estate Carol Orme-Johnson Lisa E. Sarno**

Mark and Grace Sullivan Elizabeth Veinot Estate Amanda Wallinger Estate

Ronald M. White & Andrew W. Taylor

Fundraising Leaders

Thank you to the dedicated individuals and teams who raised more than \$15,000 in support of Samaritans through events and HopeRaisers.

The Feaster Family, 5K Run/Walk Kyle Freeman / The Company Keepers, 5K Run/Walk

Garage Jam for Jacob, HopeRaiser The Michael H.K. Cohen Team, 5K Run/Walk

Steve Mongeau / Kathy's Team, 5K Run/Walk

Team HP3, 5K Run/Walk Team Steuts, 5K Run/Walk



FY23 Samaritans Staff

Kathleen C. Marchi

Chief Executive Officer & President

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Senior Director of Marketing and Communications

Jean O'Halloran

Executive Office Manager

Patricia Shin

Director of Administration

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Rebecca Allen

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Mary Hurley

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Special Events Manager

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Salesforce Manager

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Jamie Cohen

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Max Copans

Coordinator of Community Education and Outreach

Michael Davis

Manager of Community Outreach and Partnership

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Director of Text Services

Gina Bates

Youth Services Coordinator

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Edward Wilkinson

Quality Assurance Coordinator

Findley Montgomery

Senior Manager of Helpline Training

Kiara Hernandez

Helpline Training Coordinator

Kathryn Tumber

Helpline Training Coordinator

PER DIEM WORKSHOP TRAINERS

Anwar Alananzeh

Nate Binzen

Jamie Cohen

Paula Correia

Carine M Corsaro

Kali Geddes

Sunday Hull

Ariana Jones-Allen

Sissi O'Shaughnessy

Elise Phillips

Sara Pinkham

Debra Prudhomme

René Rives

Jehovanie Robert

Michele Scher

Hannah Thacher

Kathryn Tumber

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Samaritans also has a dedicated staff of about 25 Helpline coordinators and supervisors who answer Helpline calls and texts, mentor volunteers, and ensure that we always have 24/7 coverage. We are not listing their names to protect their privacy. We are beyond grateful for the many critical ways they support our crisis services.

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Steve Watson

Every day, I am inspired by the compassionate people who make Samaritans such an incredible community. I am in awe of the many individuals doing all they can to help reach our vision of a world without suicide."

- Kathleen C. Marchi, Samaritans CEO & President



Join our community

Attend an upcoming event



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Compassion Takes Community

We're grateful for the many individuals who support our mission and who recognize the power of community to save lives.

We recognize you, too. Your contributions to Samaritans help us support thousands of survivors and people in crisis every year. Thank you for making our work possible. We invite you to deepen that connection—and help us continue to grow our network of support—in the year ahead.

Get involved at samaritanshope.org



You Are Not Alone

If you're feeling sad, lonely, or suicidal, or if you're worried about someone in crisis, Samaritans is here to support you.

Call or text: 988

We're here to listen, 24 hours a day.



Together, we're creating connections that sustain individuals, build community, and spark hope.

Because everyone deserves connection.





