



samaritans

*you are not alone*

Whatever the reason...  
...you can call or text



**Call or Text**



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

If you ever feel isolated, in despair or suicidal-  
Call or Text Samaritans at any time  
It's confidential and free  
[www.samaritanshope.org](http://www.samaritanshope.org)