



For 50 years, Samaritans has been providing lifesaving suicide prevention in Massachusetts. Interesting in learning more? Check out our services below.

Community Education & Outreach

Building expertise to prevent suicide is critical to our mission. We're here to teach communities how to recognize warning signs of suicide and provide support. Our **free** workshops on suicide prevention are delivered to middle and high schools, colleges and universities, workplaces, elder care facilities, and community organizations. Workshops can be in person or virtual.

To learn more or book a workshop:

<https://samaritanshope.org/our-services/community-education-and-outreach/>

Crisis Helpline & Hey Sam

If you or someone you know is feeling lonely, depressed, overwhelmed, or having thoughts of suicide, we are here for you.

Hey Sam is a dedicated peer-to-peer texting service for people up to 24 years old.

- Designed for and staffed by young people
- Free and confidential
- Nonjudgmental

Whatever the reason, reach out. You are not alone.

Text: 439-726 | Hours: 9AM-12AM (Midnight) ET

For 24/7 support, call or text 988

Interested in Volunteering for the textline?

<https://samaritanshope.org/our-services/hey-sam/>

Grief Support Services

Losing a loved one to suicide is a painful and difficult experience. Samaritans is here to offer suicide loss survivors nonjudgmental listening and peer support. We provide many programs to support survivors in their grieving.

Our Grief Support Services have both in person and virtual programs. Participants have joined virtual meetings from all over the country to connect with their peers for comfort and shared understanding.

For more information or to sign up for support:

<https://samaritanshope.org/our-services/grief-support/>

Still looking for more? Check out our website for full details or reach out to Charlotte Boyd, our Hey Sam Training Manager.

Charlotte Boyd

cboyd@samaritanshope.org

Call or text: 617.674.7599

www.samaritanshope.org