

What Is The Samaritans?

We are a suicide prevention resource that seeks to reach those who are hopeless and alone. The Samaritans practices non-judgmental listening for callers of all ages.

The Samaritans Website

www.samaritansri.org

- Information on programs.
- Learn about prevention.
- Helpful links and resources.

Support The Samaritans

Donations can be made to:
P.O. Box 9086
Providence, RI 02940



Rhode Island's Suicide Prevention Resource Center

www.samaritansri.org

**Free, Confidential
(401) 272-4044**

Feeling Too Much Pressure?

Many people experience feelings of depression when faced with the pressures of life. Being successful means learning to cope with stress and difficulty.

The traits below are typically shared by people who experience success in their lives. How do you relate to the list? Share your feelings with someone you trust. Share your feelings with a Samaritan.

- Able to Handle Challenges
- Flexible
- High Self Esteem
- Realistic Expectations
- Acknowledges Feelings
- Accepts Responsibility

Are You Feeling Hopeless or Alone?

Remember, depression is treatable and suicide is preventable. If you or someone you know seems unable to cope, talk to someone you trust and ask for help.

Need Help?

- Call 911
- Call The Samaritans
- Tell a friend or family member
- Tell a trusted adult, such as a teacher, counselor, coach, mentor, co-worker, doctor or mental health professional
- Visit The Samaritans website: www.samaritansri.org

