

HI, I'M HOPE. HOW CAN I HELP?

Hope is a FREE chat service providing encouragement and strategies on how to manage everyday stress and anxiety using Chatbot technology.

2 ways to chat for instant text support:

Text: **315-276-3157**

Messenger: **@HOPEOFSC**

- ✓ Hope is anonymous, private, and available 24/7.
- ✓ Researched and scientifically proven emotional and mental support service.
- ✓ Hope offers proven technology to offer custom mental health help when and where you need it. She is used by over 13 million users world wide.

www.charitiessc.org/hope



If you are experiencing
suicidal thoughts, please
contact the Suicide Hotline
800-273-8255



Hope is provided by Catholic Charities of South Carolina