Preventing Suicide, Providing Hope

SAMARITANS, INC.
ANNUAL REPORT
FISCAL YEAR 2019
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The mission of Samaritans has motivated me each day of my decade-long tenure as a volunteer and Board Member, and nearly five years as Executive Director. It has been an honor and a privilege to meet so many compassionate and loving people who pour their hearts and souls into supporting those in need.

During my time as Executive Director, we have more than doubled the number of people we serve on our Helpline. That means more people who are in their darkest moments are greeted by our volunteers on the other end of their phone call or text message. More people in the community are trained on how to help someone who is struggling. And more people who have lost a loved one to suicide are able to find some source of comfort in their tremendous pain.

Because of caring people like you, we are able to keep our services completely free to those in need. With nearly 45,000 lives lost to suicide in the U.S. each year and more than 600 in Massachusetts, the need for our services continues to grow. I hope that we will soon see suicide rates in our communities decline as more people learn to reach out for help. With your support, we are making a difference.

Please join us in celebrating some of the accomplishments from the past year highlighted in this annual report. We hope that you are motivated by the Samaritans community and will continue to collaborate with us to achieve our goals.

The mission continues,

Steve Mongeau
Executive Director
Each day, people who are lonely, desperate, or struggling turn to Samaritans in search of compassion and support. We’re here to answer their call for help.

Our 24/7 Crisis Services are available because of our remarkable volunteers who answer phone calls, text messages, and chats from people needing someone to listen. In addition to answering Samaritans’ 24/7, free, confidential, and anonymous Statewide Helpline, our volunteers answer calls, texts, and chats to the National Suicide Prevention Lifeline.

This fiscal year, we nearly reached our 20,000th text conversation since launching the service in 2015! Texting allows users more flexibility, giving them the power to respond at their own pace and the opportunity to reach out for help in public. We know this growing service is critical, as our data finds texters are as much as 10x more likely than callers to be at immediate risk of killing themselves. At this time, no other Massachusetts-based organization has offered texting for those seeking help for issues related to suicide.

We are not only available for people experiencing suicidal crises, but also for those who are feeling sad, alone, discouraged, or upset. Whatever the reason for reaching out, our volunteers are there to help.

Listening to people through their moments of crisis, our volunteers are dedicated in their efforts to make others feel understood. One volunteer remarks, “I can’t solve every problem; I can’t make everyone happy. Sometimes, the best way to help someone is to just listen. Since my commitment to Samaritans, my daily goal is to merely improve, instead of always finding the perfect, exact solution.”
"Thanks so much for hearing me. It's been so hard. It took me a long time to text in tonight but it was worth it because I've stayed safe."

- Helpline texter
Building expertise to prevent suicide is critical to our mission. **We're here to teach our communities how to recognize warning signs of suicide and provide support.**

Our workshops on suicide prevention are delivered to corporate offices, elder care facilities, middle and high schools, colleges and universities, and other community organizations across Massachusetts. During these workshops, participants learn how to identify the risk factors and warning signs of suicide, as well as the steps in assisting someone they know who may be struggling with suicidal ideation.

**SCHOOL WORKSHOPS**

Our school-based workshops open up tough conversations. Workshops are offered to youth, parent groups, and school faculty and administration.

**CORPORATE WORKSHOPS**

Corporate workshops provide a supportive environment for discussion among colleagues, as employees are in a good position to notice the changes in behavior in their co-workers which may indicate that they are at risk.

**ELDER WORKSHOPS**

As people over the age of 85 have the second highest suicide rate, it is increasingly important to provide resources for the elderly to protect themselves and others at risk of depression and isolation.

**GATEKEEPER WORKSHOPS**

These workshops equip human services professionals, such as nurses and social workers, with skills on how to support those who may be at greater risk.
"You taught me how to communicate more effectively. If you ever wonder if you're making a difference in people's lives, wonder no more. You are. You made a huge difference in mine."

- Workshop participant

19,709 people reached at workshops and events

541 suicide prevention workshops

51 community awareness events

Photo credit: Brian Smith
Losing a loved one to suicide is a uniquely painful and difficult experience. We're here to offer suicide loss survivors non-judgmental listening and peer support.

The suicide of a loved one can have a profound and devastating impact on the family, friends, and communities left behind. Surviving the suicide of a loved one is a potentially life-changing ordeal that requires all of the resilience that a suicide loss survivor can muster. We offer a number of programs to support loss survivors in their grieving.

SAFEPLACE MEETINGS
SafePlace is an open group of caring people who have experienced the loss of a loved one to suicide. SafePlace meetings provide a forum for exploring feelings often not understood by others. Facilitated by volunteers who have also lost a loved one to suicide, SafePlace offers a chance to share helpful resources and get peer support through the grieving process from those who understand the journey.

SURVIVOR TO SURVIVOR NETWORK
In the Survivor to Survivor Network, volunteers who have lost a loved one to suicide visit those who have experienced a loss. Volunteers are available to listen, answer questions, and provide support.

AFTER SUICIDE: UNDERSTANDING YOUR GRIEF
Geared towards survivors and those who care for them, the goal of After Suicide presentations is to help participants better understand suicide and the grief that may happen when a suicide occurs.

ANNUAL MEMORIAL
Each January, Samaritans hosts a memorial service open to all suicide loss survivors, ranging from people who have suffered a recent loss to people who are remembering a loved one lost to suicide years ago.
"I never could have imagined meeting you because I couldn’t have imagined the circumstances that brought us together. Now I couldn’t imagine life without Samaritans."

- Suicide loss survivor
Special Events

Each year, more than 3,000 people help us raise awareness about suicide and generate resources to support our work. This year, you helped raise nearly $1.3 million for our services!

5K Run/Walk for Suicide Prevention

On September 29, 2018, we were proud to host the 20th Annual 5K Run/Walk for Suicide Prevention at DCR Artesani Park. Nearly 2,000 people who have been affected by suicide came together in a celebration of life to raise awareness and funds, enjoying a morning packed with festivities, including the unveiling of our updated memorial ribbon wall!

$510,497 raised in support of our programs

Breakfast for Hope

The Breakfast for Hope showcases our life saving work while raising vital funds for suicide prevention. At the 2019 event, we welcomed more than 700 people to hear stories and insights from our amazing Grief Support Services volunteer Carly Burton and the esteemed Massachusetts Senate President Karen E. Spilka. During the Breakfast, participants from our SafePlace meetings were highlighted in a short video sharing their personal stories of loss and resiliency.

$480,132 raised to support our mission

Boston Marathon Team

Our Boston Marathon team, receiving bibs courtesy of the John Hancock Non-Profit Program, took on 26.2 miles to support suicide prevention! The 13 dedicated runners on the 2019 team were loss survivors, Crisis Services volunteers, and people who have struggled with depression and suicidal ideation. This team set a record, averaging more than $17,000 raised per runner!

$222,972 raised for suicide prevention

HopeRaisers

Some people who feel strongly about our mission organize efforts to benefit our work. HopeRaisers, as we call them, are often creative and personal tributes. This year, HopeRaisers included a soccer tournament, an ultimate frisbee tournament, an office jeans day, and a powerful end-of-year campaign organized by a grateful Helpline caller!

$79,457 raised to keep our services available
OUR SUPPORTERS

Many thanks to our Life Saving Society, a special group of donors who generously support Samaritans with a gift of $1,000 or more per year.

**Befriending Circle ($25,000+)**
- Anonymous (2)
- Bank of America Charitable Gift Fund
- John Cole+, Cole Creative
- Cummings Foundation
- George Harrington Trust
- Colin Marc Hansen
- Jason H. Jenkins+
- Albert & Diane Kaneb
- Ludcke Foundation
- Margaret Stewart Lindsay Foundation
- MBTA
- Sanofi Genzyme
- Elizabeth A. Veinot Estate●

**Compassion Circle ($15,000 - $24,999)**
- Anonymous
- American Tower
- Tom+ & Fran Bartlett
- Debbie* & Tim Connolly
- Elizabeth B. Kreske Foundation
- Fiduciary Trust Company
- Charles Freeman
- Intex
- Liberty Mutual Foundation
- The Mark Family Fund
- One Caribbean Television
- United Way of Massachusetts Bay & Merrimack Valley, Inc.
- Vertex Pharmaceuticals

**Empathy Circle ($10,000 - $14,999)**
- Anonymous (4)
- Bennett Family Foundation
- Cabot Wealth Management
- Carol & Stephen Cohen
- Humane Society of the Commonwealth of MA
- Antoine G. Hatoum & Andrea Levitt
- Keolis
- Robert & Rachel Lutts
- Middlesex Savings Charitable Foundation
- Steve Mongeau & Janice Ruel●
- Sean+ & Debi Murphy
- PwC
- Seth Sprague Educational & Charitable Foundation
- Joe Shapiro* & Lynn Clark
- Kevin* & Beth Smithson
- Sposina Fund

**Inspiration Circle ($5,000 - $9,999)**
- Adelaide Breed Bayrd Foundation
- AllWays Health Partners
- Lynne & Roger Berkowitz
- Boston Bruins - TD Garden
- Boston Evening Clinic Foundation
- Jackson Callahan
- Stewart+ & Patricia Chapin
- Douglas M. Crowe* & Amanda Ciaccio
- Deloitte
- Deluxe Corporate Foundation
- David & Kay D’Orlando
- Entercom Boston
- EY
- Fitzpatrick Insurance Solutions
- Kara Hines+
- Bruce & Ellen Herzfelder
- Jewish Teen Foundation of Greater Boston
- Debbie Johnston
- Jordan L. Shapiro Charitable Trust
- Samantha Joseph*
- Paul & Ann Kaplan
- The Kelliker Corbett Group at Morgan Stanley
- The Rev. Hall Kirkham+ & Marjorie Asfour-Kirkham
- KyleCares
- Loomis Sayles
- Stacey+ & Larry Lucchino
- MathWorks
- Robert D. McGuiness+
- McLean Hospital
- Nyes Ledge Capital Management, LLC
- Oracle
- Mark● & Grace Sullivan●
- The Plymouth Rock Foundation
- The Snider Foundation
- Sullivan & Worcester LLP
- Thomas Anthony Pappas Charitable Foundation
- Tufts Health Plan Foundation

**Hope Circle ($3,000 - $4,999)**
- BMC HealthNet Plan
- Boston Celtics
- Christy* & Jay* Cashman
- Christian M. Caldaroni Memorial Fund
- Delta Dental of Massachusetts
- East Boston Savings Bank Charitable Foundation, Inc.
- Fuller Foundation
- Jorge Gonzalez
- Mark* & Diana Horgan
- HP Hood, Inc.
- Joseph Cadiff Charitable Foundation
- Florence Koplow
- Lindsay Leavitt+ & Daryn DeCesare
- LMHS, PC
- LTJ Engineering Services
- William & Karin McKelvey
- New England Patriots Charitable Foundation
Comfort Circle ($1,000 - $2,999)

Anonymous (2)
Agnes M. Lindsay Trust
Eleanor Andrews
Robert W. Anthony
Arrendondo Family Foundation
Auto Body Clinic
Shirley Baker
Blair J. Ballard+
Anthony Barreto
Bay Management
Bay State Federal Savings Charitable Foundation
Beacon Health Options
Peter* & Suzanne Bean
Gary Beckmann & Flora S. Pirquet
Margaret & Peter Begley
Paul & Shari Belanger
Marc● & Suzanne Bellanger●
Beth Israel Deaconess Medical Center
Paul & Lisa Bizzozero
Elizabeth J. Boland
Jill K. Borrelli* & Andrea Lewis
Boston Consulting Group
The Boston Foundation
Boston Housing Authority
Boston Plastic & Oral Surgery Foundation
Boston Private
Boston Realty Advisors
Boston Urban Partners
Brendan Bradley
John Bujnoch
Linda Burton
John Callahan
Cambridge Trust
Jason Cannon
Vin* & Karen Capozzi
CDW
Olivia Chin
Grace A. Ciccolo
Durban M. Clement
Commonwealth Sports Club
Natalie Cone
Cone Communications
Julia & Nate Conz
Joanne Cordeiro
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Cruz Companies
Elizabeth Currie
Dino & Lorie Davis
James & Beth Domoracki
Ruth Dowling
Anne Dunn
Eastern Bank
Elizabeth & Rick Edie
Diane & Neil Exter
Joseph+ & Phyllis Feaster
First Presbyterian Church in Brookline
Jefferson & Maisie Flanders
Frederic M. Foerst
Chuck Freeman
Kyle Freeman
RoseMary & Dan Fuss
Kimberly J. Gagnon
Michael & Joan Gallant
General Dynamics Mission Systems
Leah Goldstein*
Steve Gordon
Tim Grady
Joanne Grady-Savard
Patricia & Richard Graham
Risa Greendlinger● & Donald Reed●
Kyle & Lauren Hall
Jeremy Hamburgh
Hamel, Marcin, Dunn, Reardon & Shea, PC
Sarah Hancock
David P. Hanssens
Harvard Pilgrim Health Care
Todd & Barbara Hulburd
Neil Higgins
Lillian & Calder Hughes
Kyle & Alanna Hulburd
Robert Hurtig●
Image Technology Specialists Inc
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Kyle Shapiro Foundation
Lisa Larkin
The Lavine Family
Janet Lawn & Maryann Chaisson
LBCC, Inc
Legal Sea Foods
Dana Lewis
Littler Mendelson P.C.
Amy & Richard Lyman
Erin Lynch
James T. Lynch
Steve Mabry
Linda & Bob Macintosh
Lorrie Malanga
Jeremiah Mankin
Marissa Marina
Comfort Circle cont’d ($1,000 - $2,999)

Stacey Marino*+
Massachusetts Convention Center Authority
Massachusetts League of Community Health Centers
Matter Communications
Maureen & John Mazurowski
Lila McCain & Peter Beaman
Kevin McCarthy
Maureen McCarthy
Sean McConnell
Kathleen & Paul McCormack
Mary McDonagh*
Christopher McGuinness
Conor McGuinness
Michael McGuinness
MEDA
Edith Michelson Milender● & Sumner N. Milender
Miro Consulting
Leonard Monfredo
Peter Mongeau & Joan Ford Mongeau
Rick & Kathy Mongeau
Cecilia Montoya
Elizabeth Montoya
Jeff & Sandy Monzingo
Martha Moore
Barbara & John Morgan
Rhona Morgan
Elliott Morra & Kimberly Gurlitz
Drema Morrison
Bryan J. Morrissey
Mountainside Treatment Center
Nicole* & Ameer Moustafa
Jeanine & Doug Murphy
Bob Cramer & Lisa Nickerson
Brian Nixon
O’Connor Professional Group
Suzanne & Andy Offit
Ann Marie Oliver+
Lucille A. Palumbo
Peter & Tracy Parsons
Pathstone
Terrie Perella* & Robert Pirozzi
Maryanne Petry
Phyllis & Jerome Lyle R rappaport Charitable Foundation
Plymouth Bay Orthopedic Associates
Proctor & Company
Prospect Fund
Gordon Pugh
QueBIT Consulting
Jane & Lou Quercia
Quest Diagnostics
Daniel & Margaret Rabasco
Arthur N. Rabe
Jane Relliey
Janet Rhodes Friedman
Ralph & Frances Roberto
Lena & Dwight Robinson
June & David L. Rokoff
Harlow P. Rothert, Jr.
RSM Boston Foundation
Ruderman Family Foundation
Carol Rugani
Kathleen* & Mark Ruggiero
Rural Lodge of Freemasons
Carole Shapazian
Andy Shapiro & Ruth Bonsignore
Kent Sheng
David & Catherine Skinner

Sloane & Walsh, LLP
Thomas & Ann Smith
Sugoi Fund
Cindy & Craig Tanny
Craig Tatominis
Tell Foundation
Thought Industries
Thropic
Timberline Knolls
TPx Communications
Traunglin, Eisenberg & Kiley LLC
UBS Financial Services
Uvas Foundation
Jorn & Janice Velaers
Joan E. Verity
Walden Behavioral Care, LLC
Betsy Wall
Edward & Elizabeth Wallinger
Ron & Lydia Warden
Carrie Wechsler
Jack Welch
Wellesley Hills Junior Woman’s Club
Sarah Wernikoff
Kate & Joseph Wespiser
West Insurance Agency, Inc
John & Cathy White
Ron White & Andy Taylor
William James College
Amy Wilson & David August
Zscaler

Monica Dickens Legacy Society
Marc & Suzanne Bellanger
Julia Burns Estate
Maryanne Cataldo Estate
Risa Greendlinger & Donald Reed
Donalda J. Hingston
Roberta Hurtig
Abigail Ingalls
Edith Michelson Milender
Steve Mongeau & Janice Ruell
Mark & Grace Sullivan
Elizabeth A. Veniot Estate
Amanda Wallinger Estate

* Board Member
+ Samaritans Council Member
● Monica Dickens Legacy Society Member

Gifts of $1,000 or more made between January 1, 2018 and December 31, 2018, or January 1, 2019 and August 20, 2019.
FINANCIALS

Statement of Activities

Revenue

- Individual donations $589,840
- Special events $1,265,880
- Corporate.foundation $562,626
- Contracts and other $621,505

Revenue total $3,039,851

- Donated volunteer time $1,122,560
- Other donated services $58,413

Total $4,220,824

Expenses

- Programs and services $1,735,427
- Management $141,240
- Fundraising $430,026
- Addition to reserves $733,158

Expenses total $3,039,851

- Donated services $1,122,560
- Other donated services $58,413

Total $4,220,824

Financial statements are unaudited.
THANK YOU FOR YOUR SUPPORT

Samaritans’ mission is to eliminate the incidence of suicide. We do this by providing services in Massachusetts that alleviate despair, isolation, distress, and suicidal feelings among individuals in our community; by educating the public about suicide prevention; by supporting families impacted by suicide loss; and by working to reduce the stigma associated with suicide.

Because of supporters like you, we are able to help more people each year.

CALL OR TEXT
24/7 STATEWIDE HELPLINE
877-870-4673 (HOPE)