



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

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

**Text "Hi" to Sister Hope at 315-276-3157 to get instant support
or www.facebook.com/SisterHopeSC**

- Sister Hope is confidential, private, and available 24/7.
- Proven, faith-based, emotional and mental support service.
- Sister 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.

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



Sister Hope is provided by Catholic Charities of South Carolina

Questions? E-mail sisterhope@charlestdiocese.org