



# 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.

- Sister Hope is anonymous, 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@charlestondiocese.org](mailto:sisterhope@charlestondiocese.org)