



Dear Friend,

People call us when they need us, when they need to talk or unburden themselves or just be with someone when life is difficult. We don't often hear their full story as callers get some support and often move onto the next step.

But in Eva's case she subsequently made the effort to contact me personally to let me know how our Crisis Line helped her get through her toughest moments, when she didn't want to continue, when she wanted to end it all.

Eva says:

"I called when I felt I couldn't take it anymore"

"Don't be afraid to call even when it all looks impossible"

"I wouldn't be here if it wasn't for the crisis center"

"People need to know that there is help out there"

Nothing prepared Eva for the moment when the police came to inform her that her son Leo had shot and killed himself. From pure shock, she collapsed on the spot and fractured her shoulder. Eva spiraled into a suicidal depression, needing weeks of residential crisis care and grief counselling. She says that *"I was in a dark place, and I was headed there"*. Losing a child to suicide is one of the most heartbreaking experiences anyone can have the misfortune to endure.

Put simply, Eva said she didn't want to be alive anymore. It was just too overwhelming and painful. At one point we stayed on the phone line with her, sent emergency services to rescue her and to get her the psychiatric care that she needed. Eva tells us today that she is so glad that we sent help and is very grateful for all the support she received. *"You did the right thing as I was really going to act on it"*.

She called us at the Crisis Center when she felt suicidal, when she was so heartbroken at the loss of her son and his traumatic suicide. She called us many times over many years and says that *"the crisis center talked me through it day by day"*. With help comes hope.

We ask you to please give generously now and support the work we do.

We help people when they need it. People who are in crisis, who are grieving, who are hungry, who are disabled, who are elderly, who are anxious, depressed, or suicidal, who are alone, who have nowhere to turn or who are struggling with the burdens of a challenging life.

Please join us in this deeply human work of helping those in crisis and making a difference in their lives. The candle is always lit in our window – help us to keep it burning brightly!

A handwritten signature in blue ink that reads "Tom Tamura".

Tom Tamura
Executive Director