

WHO ARE SAMARITANS?



HAND OUT

About Samaritans

- Samaritans is available round the clock, every single day of the year, for anyone who is going through a difficult time.
- Samaritans is a charity run by volunteers, who give up their own time to help people find their way through whatever is troubling them.
- Anyone can call Samaritans – you do not have to be suicidal.
- Samaritans offer a safe space. You can talk to Samaritans about anything, and anything you say will be kept private. You don't have to give your name.
- Samaritans volunteers will focus on your thoughts and feelings, so they may ask questions to help explore how you feel. Samaritans won't tell you what you should and shouldn't do.

How do I contact Samaritans?



Phone

116 123

Please see our website www.samaritans.org for the latest call charges.

If you phone, Samaritans will answer with something like 'Samaritans, can I help you?' They will listen to you and help you talk through your concerns, worries and troubles. They will not give advice.



Face to face

If you don't want to call, you can visit your branch face to face. Check samaritans.org for opening hours, or to give the branch a call to check someone is there who can see you.



Email

If you'd prefer to email, you can email jo@samaritans.org. Please be aware that it can take 12 hours to receive a response, so it is not an instant service. Your email is 100% confidential and all details such as your email address are removed from your email.



Write

If you'd prefer to put your feelings down on paper, you can write to:

Freepost RSRB-KKBY-CYJK

Chris

PO Box 9090

Stirling

FK8 2SA

You should get a response back within seven days. You don't need to worry about spelling, grammar or the quality of your handwriting.

DEAL

Developing Emotional Awareness and Listening



SAMARITANS