

# TALKING ABOUT SAMARITANS

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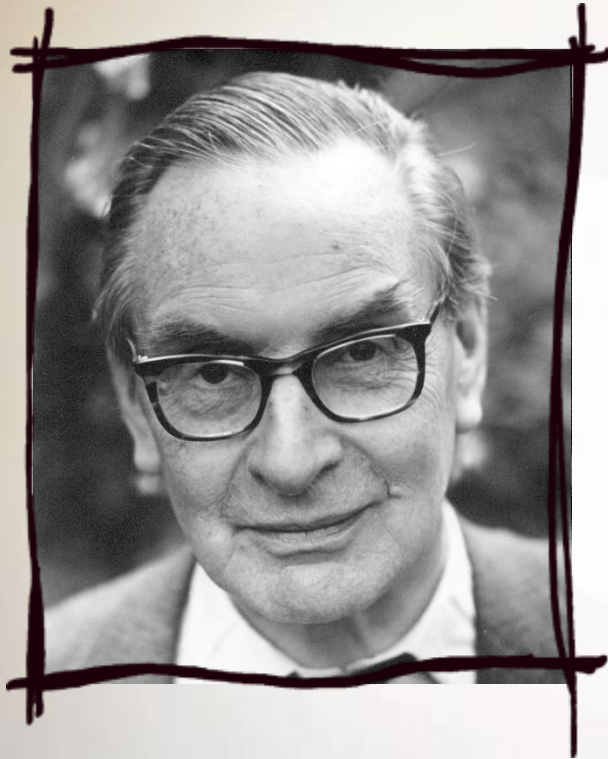
**SAMARITANS**

# SAMARITANS

- What we do and who we support
- Who we are
- How we work in the community
- How you can help

**SAMARITANS**

# HOW IT ALL BEGAN



*You have to find out for yourself  
what it is you are meant to be  
doing, or becoming.  
No one can choose for you...*

Chad Varah

**SAMARITANS**

# Samaritans' Vision is that fewer people die by suicide.

We work to achieve this vision by making it our **mission** to be

- Always available
- Reaching out to high risk groups and communities
- Working in partnerships
- Influencing public policy

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# OUR VALUES

- Listening
- Confidentiality
- People making their own decisions
- Being non-judgemental
- Human contact

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# SAMARITANS EXPLAINED

WE ARE NOT ONLY  
THERE FOR PEOPLE  
WHO ARE SUICIDAL

**SAMARITANS**

# SAMARITANS EXPLAINED

WE OFFER  
**POSITIVE**  
BENEFITS

**SAMARITANS**

# SAMARITANS EXPLAINED

WE ARE  
“NON-  
ESTABLISHMENT”

**SAMARITANS**



# WHY CONTACT SAMARITANS?

**TALK  
TO US**

If things are getting to you.

**SAMARITANS**

**WE'RE  
ALWAYS  
HERE**

Round the clock, every single  
day of the year.

**SAMARITANS**

**A SAFE  
PLACE**

We keep what you say  
between us.

**SAMARITANS**

**BE  
YOUR  
SELF**

Whoever you are, however  
you feel, whatever life's  
done to you.

**SAMARITANS**

**SAMARITANS**



# WHO CONTACTS SAMARITANS?

- There's no typical person who contacts Samaritans
- There's no typical problem that people talk to us about

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# HOW WE PROVIDE SUPPORT

We have different ways for you to get in touch.

You can:

- 📞 call us
- ✉️ email us
- 📱 text us
- ✉️ write us a letter
- 👤 visit us in a branch when it is open for visitors



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# LISTENING IS A REAL SKILL

- We aim to give our best to everyone who uses our support, in every conversation
- We put the views of people who use our support at the centre of our services

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# WHO WE ARE

We spend our time supporting others – but gain ourselves.

We volunteer:

- 🕒 To help others
- 🕒 To give something back
- 🕒 To learn new skills
- 🕒 Because we believe in what Samaritans does



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# WHY WE NEED HELP FROM THE PUBLIC



- We depend on public and business donations
- We continue to exist because people need us; and because people believe in us and become part of Samaritans by volunteering or donating to us

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# HOW WE WORK IN COMMUNITIES

- We work alongside local services
- We support people at local events
- We engage with local issues
- We support people at festivals and events



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# HOW WE MAKE A DIFFERENCE

- ◉ We work in schools
- ◉ We offer workplace training
- ◉ We're in partnership with Network Rail to reduce suicide on the railways
- ◉ We're there for people after a tragedy





# HOW YOU CAN MAKE A DIFFERENCE

**20,665**  
VOLUNTEERS

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**201** BRANCHES  
ACROSS THE  
UK & IRELAND

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**5,000,000**  
CALLS FOR HELP  
A YEAR

THAT'S ONE EVERY **6** SECONDS

**20%**   
OF PEOPLE WHO  
TALK TO US EXPRESS  
SUICIDAL FEELINGS

**SAMARITANS**



**Talk to us** – if things are getting to you.  
You don't have to be suicidal.

**We're always here** – round the clock,  
every single day of the year.

**A safe place** – as volunteers we're  
ordinary people who keep what you say  
between us.

**Be yourself** – whoever you are, however  
you feel, whatever life's done to you.

**We're a charity** – it's your kind donations  
that keep our helpline open.

**SAMARITANS**

# Teesside Samaritans

Established in 1968

Over 1000  
Contacts every month

Support local schools  
and prisons

35 Active listening vols

**SAMARITANS**

# THANKS FOR YOUR TIME



**08457 90 90 90\* (UK)**  
**1850 60 90 90\* (ROI)**



**jo@samaritans.org**



**www.samaritans.org**



**Chris, PO Box 90 90**  
**Stirling FK8 2SA**



**visit us** – find your nearest  
branch on our website

\*Please see our website for latest call charges.  
Samaritans is a registered charity.

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