

# 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](http://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](http://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](mailto: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**