

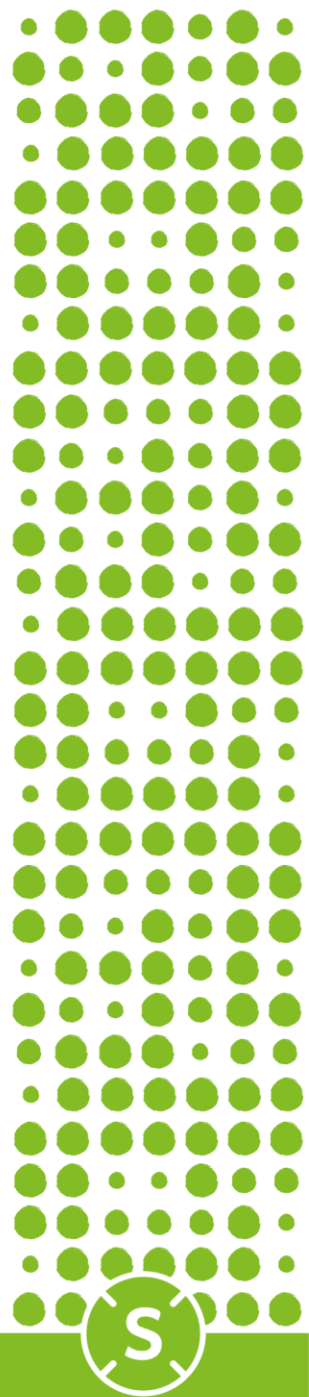
About Samaritans

SAMARITANS



Today we will talk about..

- Who we are
- Why we're here
- What we do



Samaritans' service at a glance

Every
10 seconds
Samaritans responds to a
call for help*

Samaritans has
more than
200
branches
and
locations

There are around
22,000
Samaritans
volunteers

It is
free to
call us on
116 123

People who use
Samaritans' helpline report
**a significant
reduction in distress****

We are open
24 365
hours a day days a year

Our volunteers spend over
1 million
hours a year responding
to calls for help



* A 'call for help' is any contact method made to Samaritans for support, for example by phone, email or face to face in branch. This figure is based on the 2021 calendar year.

** Markham, T., Forshaw, A. and Sutcliffe, R. (2020). Samaritans Caller Outcomes Study. Birmingham: MEL Research Ltd.





**"A man willing to listen,
with a base and an
emergency telephone."**

Dr Chad Varah CH CBE



Who we are

- As volunteers, we're ordinary people
- We give our time freely
- We aren't professionals and don't provide counselling
- Our 201 branches are run by volunteers



Why what we do matters



Suicide is the biggest killer of
men under 50
and young people
aged 16–24



In the UK and ROI
6,944
people took their
own life in 2018



Suicide is
not equal –
the lower your
social class the
more likely you are
to be affected
by suicide



3/4 of deaths
by suicide
are men



Our values

These are Samaritans' shared values, which shape everything we do.

Listening

Exploring feelings alleviates distress and helps people to reach a better understanding of their situation and the options open to them.

Confidentiality

If people feel safe, they are more likely to be open about their feelings.

Non-judgemental

We want people to be able to talk to us without fear of prejudice or rejection.

People making their own decisions wherever possible

We believe that people have the right to find their own solution and that telling people what to do takes responsibility away from them.

Human contact

Giving people time, undivided attention and empathy meets a fundamental emotional need and reduces distress and despair.



Samaritans' vision
is that fewer people
die by suicide



I know there'll be someone
there to listen. Someone to
say "You're doing alright",
and who won't judge me.

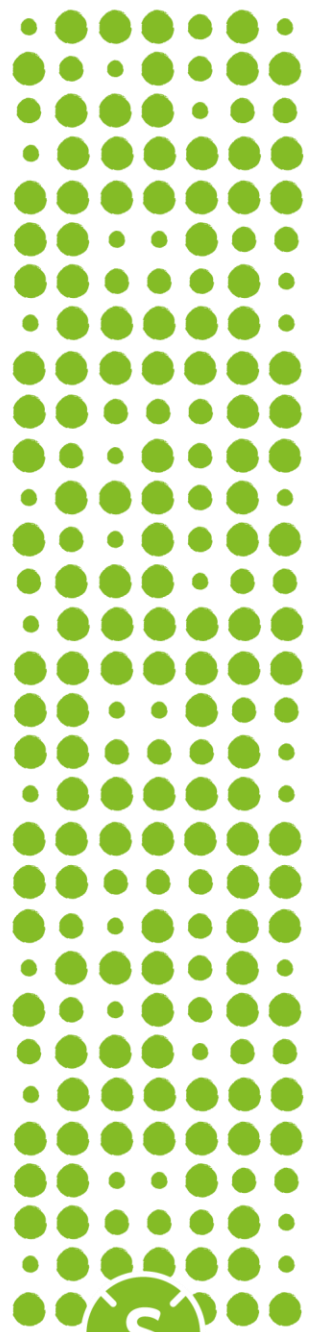
Samaritans caller



What we do



- We're available round the clock, every single day of the year
- We reach out to people in their own communities
- We work in partnerships
- We influence others to take action



SAMARITANS

Call day or night on

116 123

Email

jo@samaritans.org

Write

Freepost SAMARITANS LETTERS

Visit us

Find your nearest
branch on our website

samaritans.org

A registered charity

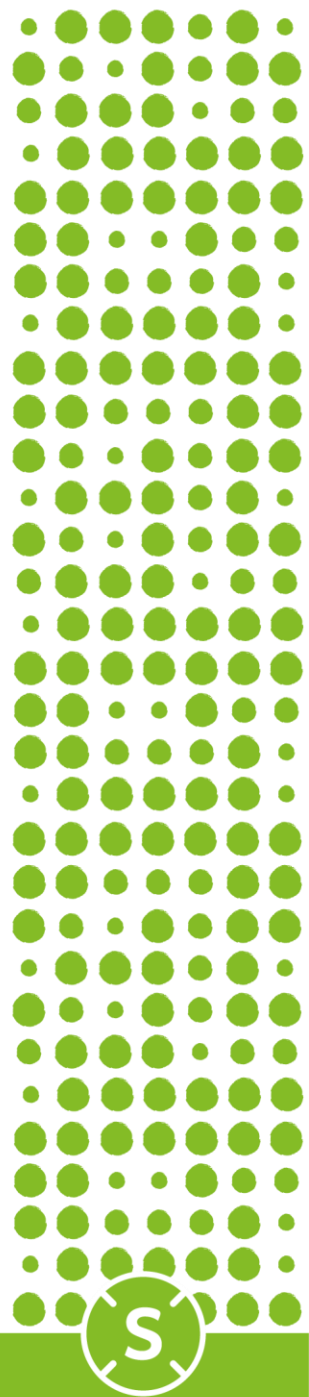
Our work in education

- Talks to young people
- DEAL (Developing Emotional Awareness and Listening) our web based learning resources for young people
- Step by Step postvention service



Talks to Young People

- Emotional Health and Wellbeing
- Emotional Health and Self harming



DEAL (**D**eal **E**motional **A**wareness and **L**istening

DEAL is a free online resource for schools, colleges and other youth settings.

It provides lesson plans and digital resources that are divided into 4 units:

- Emotional Health
- Coping Strategies
- Dealing with Feelings
- Connecting with others (Communication Skills)

It is designed to be used by educational professionals.

Samaritan volunteers can come into your school to assist in planning and delivering **DEAL**.



CONTACTS

- www.samaritans.org/deal (DEAL materials can be downloaded free of charge from this website)
- Janet.Tucker@samaritans.org
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