



If things are getting to you,
a Samaritan is available
24/7 to listen.

SAMARITANS



Each year in July, Samaritans run the campaign **Talk to Us** to raise awareness that Samaritans are available to listen 24/7 without judgement or pressure.

Whatever you are going through, if you need to talk you can contact a Samaritan for free by calling 116 123, or by emailing jo@samaritans.org



Workplace Wellbeing