

FOR ONCE, I COULD BE MYSELF

Talk to us – if things are getting to you.

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

A safe place – as volunteers we're
ordinary people who give you the space
to talk about what's troubling you.

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

We're a charity – it's the public's kind
donations that help fund our service.



116 123

FREE

This number is **FREE** to call



jo@samaritans.org



samaritans.org

SAMARITANS

A registered charity