

**Talk to us** any time you like,  
in your own way, and off the  
record – about whatever's  
getting to you.



**116 123**

This number is **FREE** to call

**FREE**



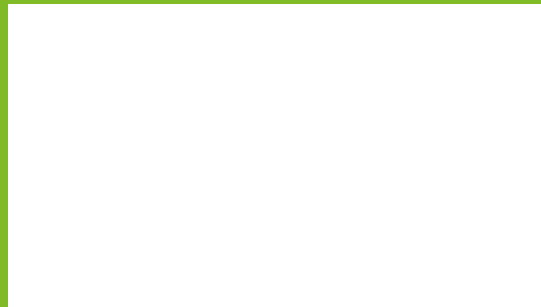
**jo@samaritans.org**



**samaritans.org**



**visit us** – you will find us here:



A registered charity

**SAMARITANS**

**TALKING  
GOT ME  
THROUGH**



**SAMARITANS**

# GIVING YOU THE SPACE TO SAY IT



## There are many reasons for why you might want space to talk.

- Life could have taken an unexpected turn, or problems might have built up over time.
- It could be about something specific, or just something you can't put your finger on.
- Whoever you are, however you feel, whatever life's done to you, you can talk to us about it.

**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 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 the public's kind donations that help fund our service.



**'Samaritans are there when all your friends are asleep and you're alone in the world. When you're full of thoughts you don't understand, it's good to get them out.'**

Samaritans caller

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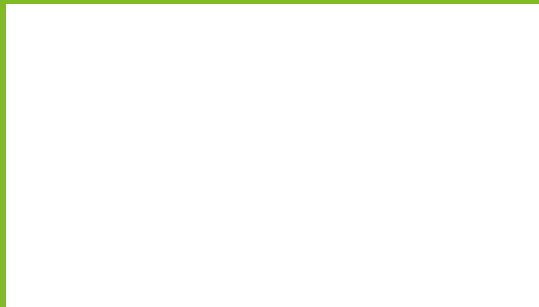
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