



TALKING ABOUT SAMARITANS

SAMARITANS

Samaritans' Vision is that fewer people die by suicide.

We work to achieve this vision by making it our **mission** to be

- ◉ Always available
- ◉ Reaching out to high risk groups and communities
- ◉ Working in partnerships
- ◉ Influencing public policy

SAMARITANS

OUR VALUES

- ◉ Listening
- ◉ Confidentiality
- ◉ People making their own decisions
- ◉ Being non-judgemental
- ◉ Human contact

SAMARITANS

WHY CONTACT SAMARITANS?

**TALK
TO US**

If things are getting to you.

SAMARITANS

**WE'RE
ALWAYS
HERE**

Round the clock, every single
day of the year.

SAMARITANS

**A SAFE
PLACE**

We keep what you say
between us.

SAMARITANS

**BE
YOUR
SELF**

Whoever you are, however
you feel, whatever life's
done to you.

SAMARITANS

SAMARITANS



WHO CONTACTS SAMARITANS?

- There's no typical person who contacts Samaritans
- There's no typical problem that people talk to us about

SAMARITANS

HOW WE PROVIDE SUPPORT

We have different ways for you to get in touch.

You can:

- 📞 Call us
- ✉️ Email us
- 📱 Text us
- ✉️ Write us a letter
- 🏠 Visit us in a branch when it is open for visitors



SAMARITANS

SAMARITANS IN OUR COMMUNITY

CRAIGAVON BRANCH
Established in 1975

Support by telephone,
email, and face to face.
Public and Schools Talks
and emotional Health
Education

Open for face to face
visits Monday, Tuesday &
Friday daylight hours

52 Listening Volunteers
12 Support Volunteers

SAMARITANS

HOW WE WORK IN COMMUNITIES

- We work alongside local services
- We support people at local events
- We engage with local issues
- We support people at festivals and events



SAMARITANS

GAA AND SAMARITANS PARTNERSHIP

The ultimate aim of this partnership is to reduce the stigma around the issue of mental health and to encourage help seeking behaviour.



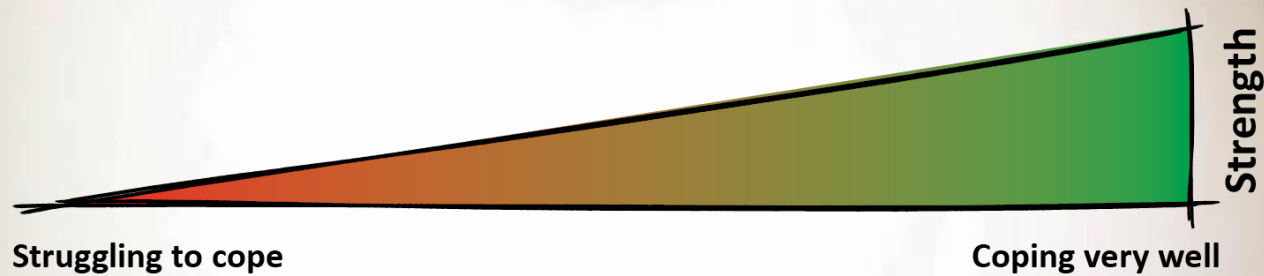
GAA AND SAMARITANS PARTNERSHIP

“Our Branches, Our Clubs, Our Communities”



Why? EMOTIONAL HEALTH

Physical Health



Emotional Health



GAA AND SAMARITANS PARTNERSHIP

Samaritans will bring to the GAA:

- Centralised Training Workshops
- Liaison person from Samaritans as a point of contact for GAA at local level
- Awareness talks
- Presence at matches
- Information stands at health fairs



GAA AND SAMARITANS PARTNERSHIP

What can Clubs do to promote positive emotional health in their Communities?



GAA AND SAMARITANS PARTNERSHIP

- Get involved – attend awareness talks and training workshops
- Encourage help seeking behaviour
- Promote “talking” as a tool to cope with difficult situations
- Raise awareness – be part of the poster and social media campaign which will signpost members to Samaritans 24 hour service



GAA AND SAMARITANS PARTNERSHIP

Q & A



THANKS FOR YOUR TIME



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visit us – find your nearest
branch on our website

*Please see our website for latest call charges.
Samaritans is a registered charity.

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