

Talk to someone today

Samaritans are a charity that provide confidential, non-judgemental support for those who are struggling to cope. They're available 24 hours a day, 365 days a year and answer the phone to someone every 10 seconds.

116 123 (FREE, 24/7)

jo@samaritans.org

www.samaritans.org

Recognising when someone might need support

- ❖ Feeling unable to cope or overwhelmed
- ❖ Withdrawing from friends, family, or colleagues
- ❖ Changes in their mood or normal behaviour
- ❖ Expressing feelings of hopelessness

How can you help someone?

- ❖ Listen without judgement
- ❖ Take their concerns seriously
- ❖ Encourage them to reach out for support as early as possible
- ❖ Call 999 if they're in crisis

Ways to look after yourself

- ❖ Talk to someone you trust
- ❖ Don't wait until it's too late to ask for help
- ❖ Rest and take breaks when you need it
- ❖ Explore resources available to you at work
- ❖ It's ok not to be ok