

Suicidal Thoughts

You make the decisions

It was first founded in 1953 by Chad Varah

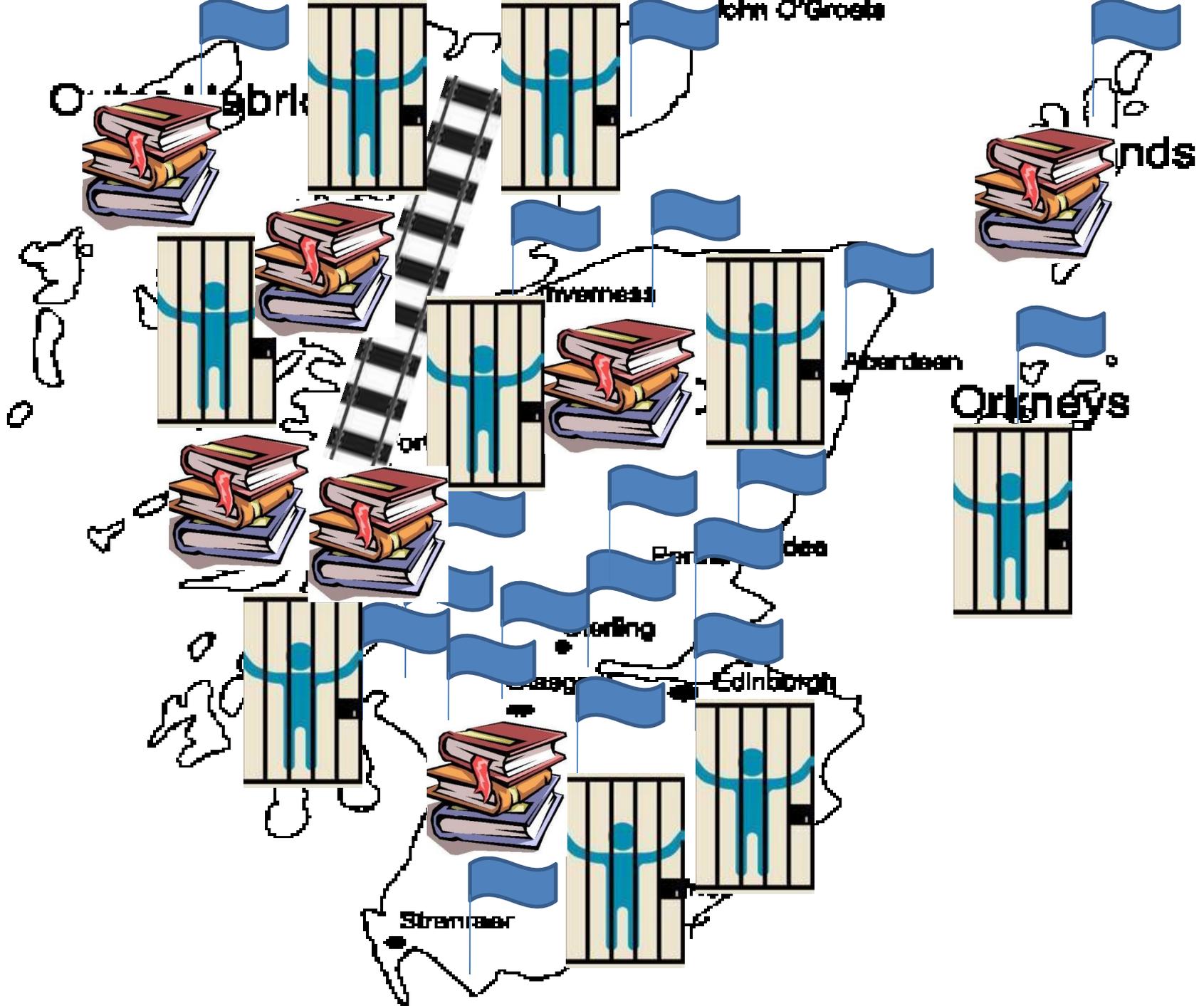
Not just suicidal thoughts

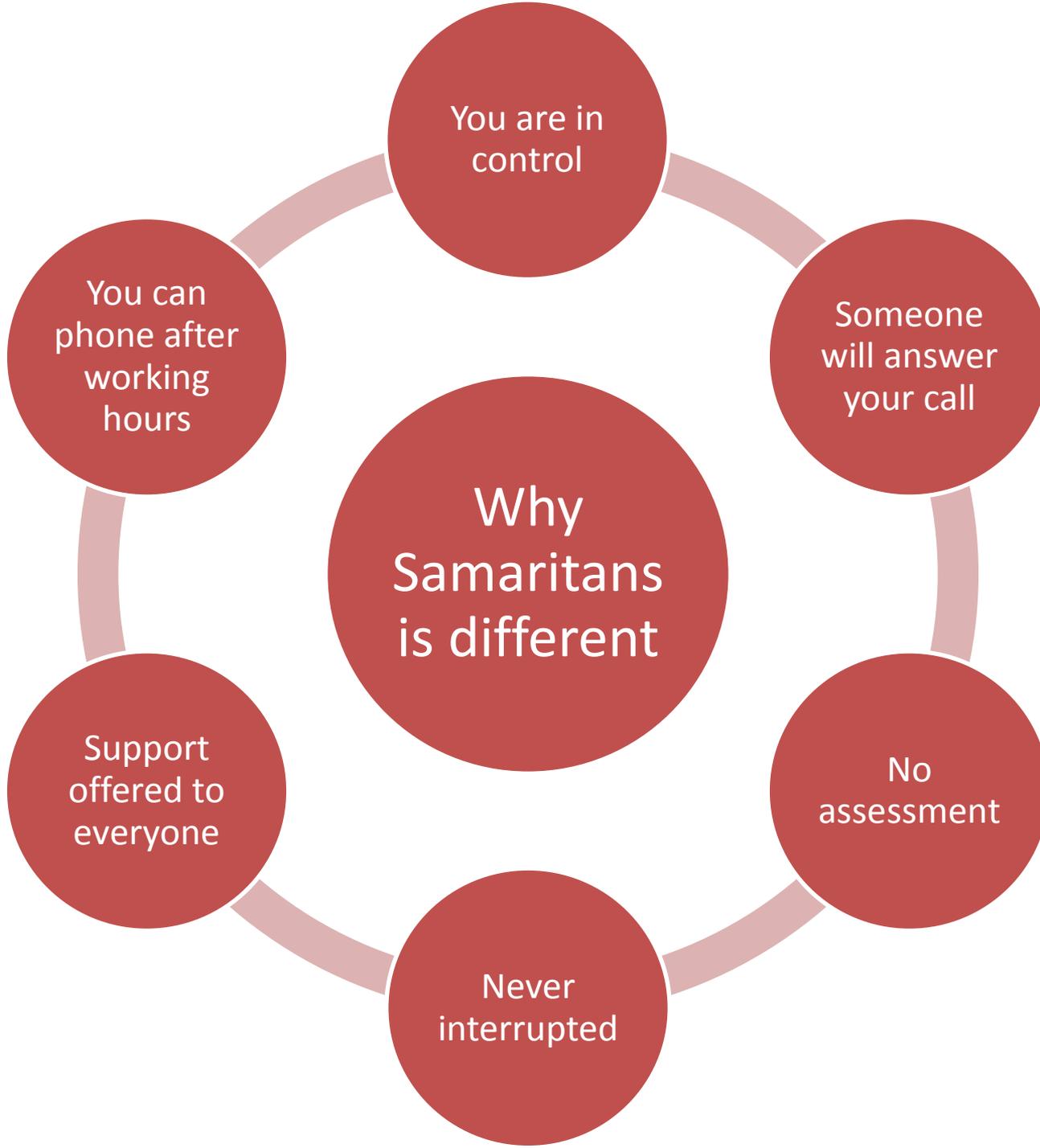
Over 68 million people have benefitted since 1984

Partnerships - Facebook, Google and Network Rail

Training courses







You are in control

Someone will answer your call

No assessment

Never interrupted

Support offered to everyone

You can phone after working hours

Why Samaritans is different



David Cameron

“Over the years they have been a vital source of support, advice and comfort for people, and I am a huge admirer of their work.”



Ricky Hatton (British Boxer)

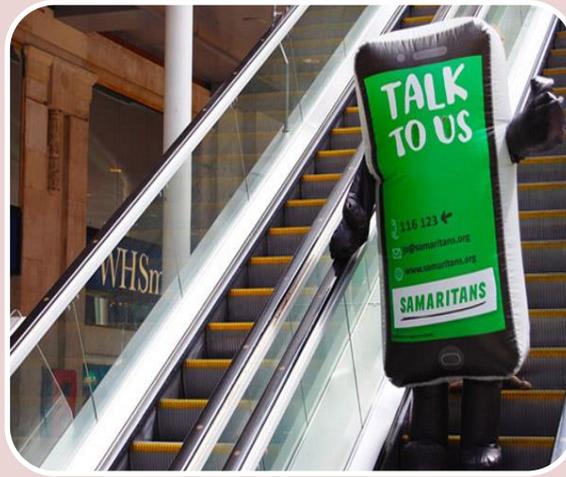
“I have been through my fair share of troubles, battling problems with alcohol, drugs and depression. There were times when I have considered ending it all. I am working through things now, but it is comforting to know that Samaritans is here for people if things get too much.”



Liam Beckett (football manager and ex footballer)

“In my time associated with them, I have really witnessed at first hand the wonderful attentive, caring, understanding and willingness to help anyone 'attitude' of all their volunteers.”

“The fact that somebody understood, did not criticise, did not palm me off, did not judge or advise... gave me back my confidence in me as a person.”



We
listen

60
second
pledge

Men
on
ropes



We listen Campaign



I'm going to be alright.
It's not so bad spending
a lot of time alone.

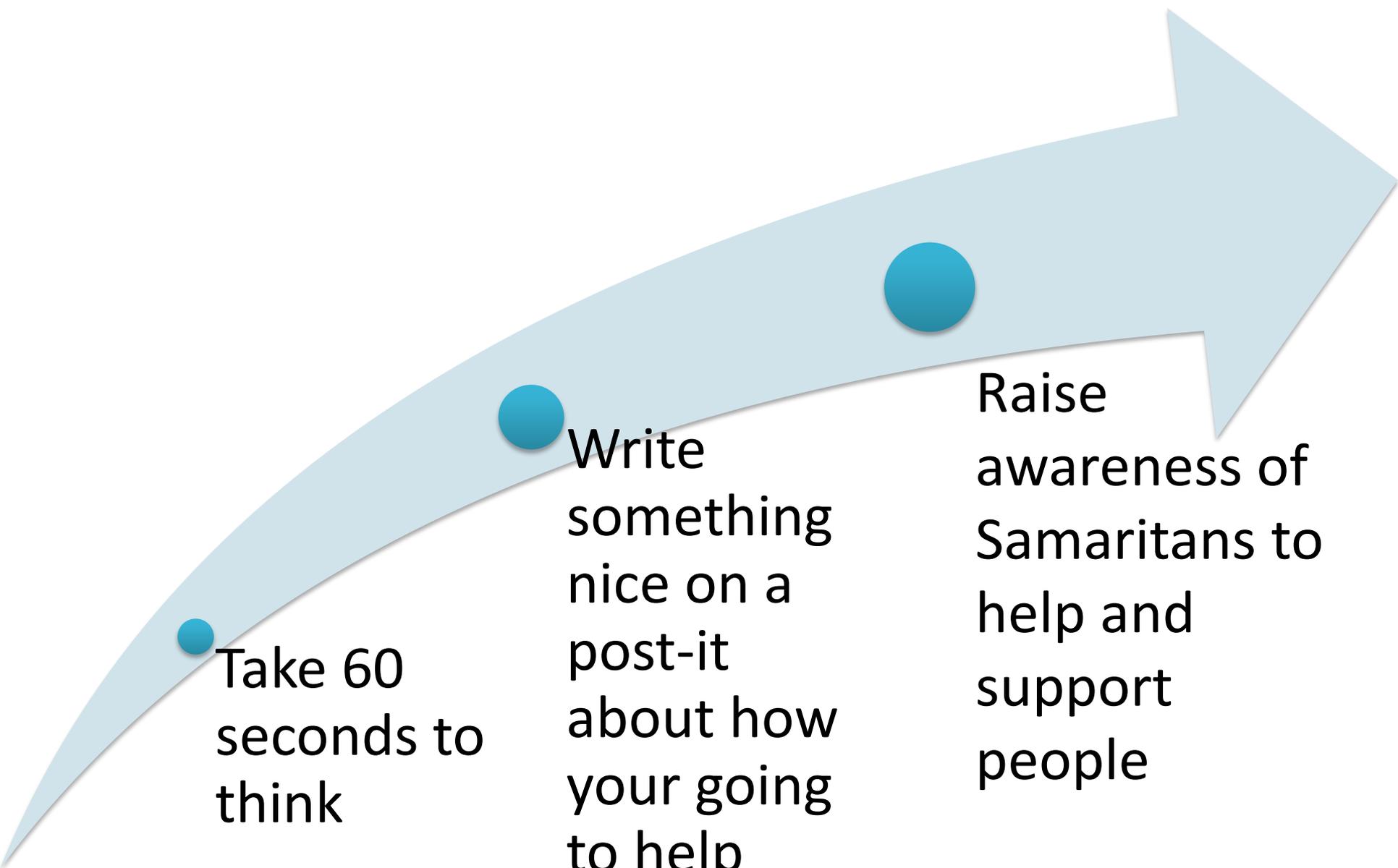


We don't just hear you,
we listen.

I think I'm going to be ok.
It does feel rubbish losing
a job, but not desperate.



We don't just hear you,
we listen.



Take 60
seconds to
think

Write
something
nice on a
post-it
about how
your going
to help

Raise
awareness of
Samaritans to
help and
support
people

Bills

- Electricity bills to keep branches open
- Phone bills so people can phone for free
- Training courses for train drivers and volunteers

Awareness

- Make the charity more well known.
- Raising awareness in areas of Scotland where there is no branch.
- Campaigns to raise awareness

Supporting young people

- Provide resources to handle a suicide within a school.
- School resources

Others

- Research the relationship between suicide and the online environment
- Develop training courses

Kilmarnock
45 Titchfield Street
Kilmarnock
KA1 1QS
01563 531313

Email
jo@samaritans.org or
call 116 123 for free

The Kilmarnock branch
opened in September
1965

Contacted by 11,909
people in 2015

I am under 18, can I still call?

What happens when I contact Samaritans?

What are the signs that I may be struggling to cope?

What are the signs someone isn't coping?



“The volunteer I spoke to was very kind, and within five minutes I felt completely comfortable. He let me talk and never once tried to tell me what to do.”

Thank you for listening.