

OUR VALUES

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

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
- Outreach



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WHY CONTACT SAMARITANS?

TALK TO US

WE'RE ALWAYS HERE

A SAFE PLACE

BE YOURSELF

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Community Challenges

"Samaritans believes that a reduction in suicide is not only possible but that it is an urgent and important priority which does not receive enough attention" ¹

- Flintshire - Multiple causes of deprivation
- Self harm and people taking their lives

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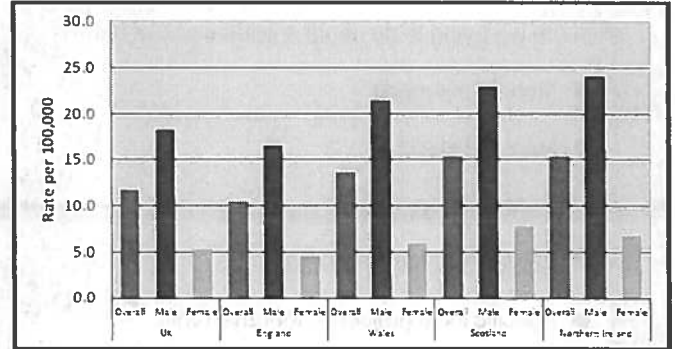
1. Samaritans' Strategy 2009 - 2015

Community Challenges



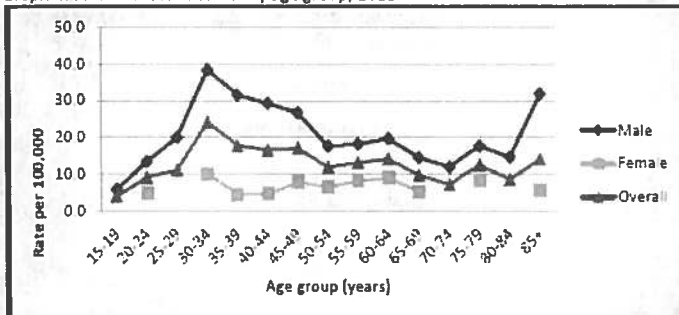
Community Challenges

Graph 1: Suicide rates per 100,000* in UK, 2012



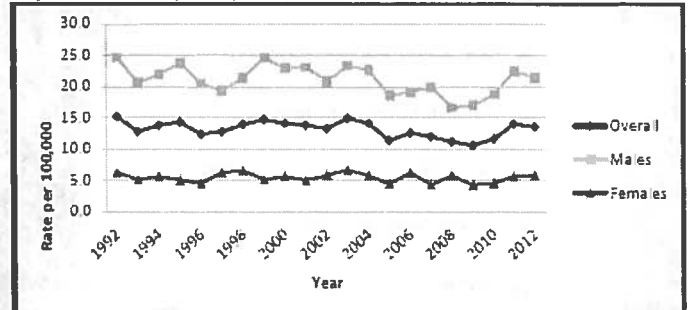
Community Challenges

Graph 4: Suicide rates in Wales by age group, 2012



Community Challenges

Graph 9: Suicide rate per 100,000 in Wales 1992-2012



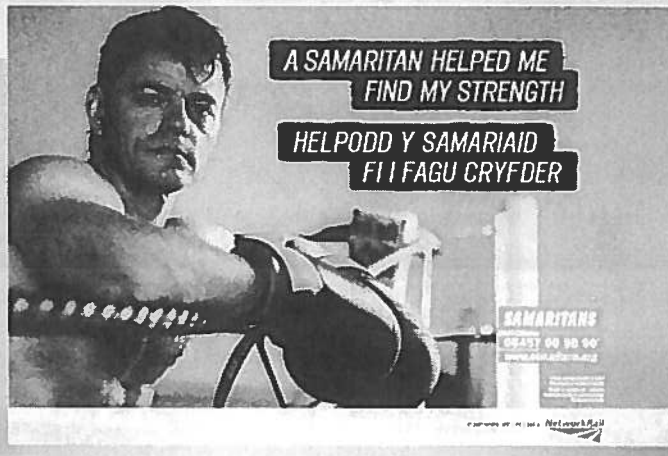
Samaritans addressing the challenges

What are we trying to do about suicide and self harm?

- Men on the ropes
- Men and suicide
- Partnership projects
- Appropriate media coverage
- Specific local projects – Merthyr Tydfil

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Samaritans addressing the challenges



What can we do? – working together

- Samaritans needs volunteers
- We want to reach those at risk
- Flintshire and Samaritans
- Samaritans and Welsh Assembly
- Samaritans and Talk to me 2
- Money

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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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