**Talk To Us #WeListen – pledge social copy**

**Use with any asset**

* I’m / We’re pledging to become a better listener this July for @samaritans awareness campaign, because listening could save a life #WeListen

* On 24 July @samaritans raise awareness that they’re there to listen 24/7.   
    
  To celebrate, I’m / We’re pledging to (insert pledge) to become a better listener #WeListen
* Becoming a better listener can help you support loved ones who may be struggling to cope. As part of @samaritans #WeListen awareness campaign, I’m pledging to (insert pledge)
* Listening to someone who’s struggling can save a life. That’s why I’m pledging to be a better listener with @samaritans on 24/7 #WeListen
* Making just a few small changes to the way you listen can help your friends, family, or colleagues open up to you if they’re having a tough time.   
    
  @samaritans are encouraging the nation to become better listeners, so I am pledging (insert pledge) #WeListen

**I pledge to listen without being distracted asset copy**

* I pledge to listen without being distracted as part of @samaritans #WeListen awareness campaign. Just putting your phone away so you can really focus on the other person can help someone to open up 📱💚
* Really focusing on someone and making sure you’re not distracted could help someone open up about how they’re feeling. Join me in pledging to be a better listener as part of @samaritans #WeListen this July.

**I pledge to listen without interrupting**

* Today is 24/7 which is @samaritanscharity awareness day, so I’m pledging to be a better listener by not interrupting when someone is opening up. #WeListen
* I’m pledging to be a better listener for @samaritans awareness campaign on 24/7 A pause in conversation can feel awkward, but these pauses can help someone gather their thoughts when they’re finding things tough, so I pledge to listen without interrupting #WeListen

**I pledge to check in with my loved ones more often and ask them how they really are**

* When was the last time you asked someone how they \*really\* are?   
    
  I’m joining @samaritans for their awareness campaign #WeListen on 24/7, and pledging to be a better listener by checking in on my friends and family to ask how they’re really feeling. Will you join?
* Sometimes it can take a few tries to get someone to open up about how they’re feeling.   
    
  I’m joining @samaritans to become a better listener by asking someone how they really are

Why not try adding reminders to your calendar or phone, to check in with loved ones once or twice a week. Don’t give up, sometimes it can take a few tries to get someone to open up about how they’re feeling.

* @samaritanscharity are encouraging the nation to become better listeners for their awareness day on 24/7, so I’m joining by pledging to listen without getting distracted.  
    
  When life is busy, it’s so easy to be distracted when you’re trying to listen to someone. Just putting your phone away where you can’t see it so you can really focus on the other person can really help 💚 #WeListen