SAMARITANS

Samaritans at Christmas

By becoming a Stream for Samaritans Star and fundraising for us this festive season you're helping us to be there for anyone struggling to cope.

It costs **£3,105** per hour to deliver our service through 20,000 trained volunteers.

£5 can help us answer a call for help that could save a life.

£12,000 could keep Samaritans' phone line open for 24 hours.

£200 could cover the cost of a new volunteer to build the skills they need to answer a call for help.

£500 could keep Samaritans' phone line open for one hour.

In 2020 we responded to **252,522 calls for help** over the festive period.

1,523 volunteers gave up their time to support those struggling to cope by answering calls and emails on Christmas Day.

Every 90 minutes someone in the UK or Ireland takes their own life.

1,618 volunteers gave up their time on Christmas Eve to support those facing a difficult time.

Last Christmas we responded to **183,589** calls for help in England, **34,326** in Republic of Ireland, **10,653** in Northern Ireland, **13,254** in Scotland, and **10,700** in Wales.

During 2020, the most common concerns raised during calls for help to Samaritans were:

- Mental health/illness
- Family
- Isolation/loneliness
- Relationship problems
- Coronavirus

A registered charity