SAMARITANS

Our work

Samaritans' vision is that fewer people die by suicide. We believe suicide is preventable.

Suicide is complex and rarely caused by only one thing. Suicide is preventable and suicidal thought are often temporary and can be interrupted.

When you're going through a tough time, Samaritans is here to listen. Whoever you are, whatever you're going through, you don't have to face it alone. Samaritans is here for anyone struggling to cope day or night, 365 days a year.

Samaritans offer tools, resources and services that help people look after their own wellbeing, build resilience and support others. We take action to prevent people from reaching crisis point.

We provide a 24-hour listening service. Our phoneline is open day and night, every day of the year. You can reach out for support via email, and we're currently rolling out online chat (instant messaging) too. Also, you can write to Samaritans and send a letter in the post. We also have a self-help app.

For more information visit www.samaritans.org.

Why what we do matters

- Every 90 minutes someone in the UK or Ireland takes their own life.
- 1 in 5 of us has had suicidal thoughts.
- There were 5,691 suicides in England and Wales in 2019, and 833 in Scotland.
- Suicide is the biggest killer of men under 50 and young people aged 16-24.

Key stats

- Every day, Samaritans volunteers respond to around 10,000 calls for help.
- In 2020, Samaritans volunteers spent over one million hours responding to calls for help.
- During 2020, more than 20,000 people volunteered their time for Samaritans.
    - Over 16,200 trained listening volunteers responded to calls for help.
    - Over 3,200 volunteers supported the running of our 201 branches.
    - Over 1,000 prisoners volunteered as trained Listeners.

How fundraising for Samaritans makes a difference:

- **£5** is the cost to answer a call for help.
- **£96** could train and support an existing volunteer for a year.
- **£200** could cover the cost of a new volunteer to build the skills they need to answer a call for help.
- A donation of **£500** could keep Samaritans' phone line open for one hour.
- It costs **£3,105** per hour to deliver our service through 20,000 trained volunteers.
- A donation of **£12,000** could keep Samaritans' phone line open for 24 hours.