

**SAMARITANS**

**When someone  
really, truly listens,  
a life can change**

**Pass on this wonderful gift in your Will**



**Throughout life, everyone has ups and downs. No doubt you've turned to friends and family to air your thoughts, problems and challenges.**

**But as you have probably experienced, finding someone who will simply listen – without judgment, interruption or offering advice – is much harder than it seems.**

The power of truly listening to a person who needs to be heard is a wonderful gift that can change, or even save a life – and you can pass it on by including Samaritans in your Will.

A gift in your Will can help ensure our support services are still available in the years to come, and ensure that whenever someone needs to talk, a specially-trained volunteer is always there to listen.

**With a gift in your Will you can keep our helpline open – one in four calls is funded this way.**

# Just by listening, we can turn lives around

**The need for our support is growing all the time. Each year, we respond to more than 5.4 million calls for help. Somebody contacts us every 6 seconds. People can talk to us whenever they like, as often as they like, at their own pace and without ever being judged.**

In years to come, a gift in your Will can help us utilise the latest technology to ensure people can reach us however they feel most comfortable – for young people, social media and email are becoming increasingly important. Whatever the future brings, you can help to ensure we will always be there to listen.

**“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.”**



**With a gift in your Will we can continue to be there for anyone who needs someone to listen.**

# “Listening saved my daughter”

“My youngest daughter Emily\* tried to take her own life when she was in her twenties. She had suffered with depression, and found it difficult to deal with her thoughts and feelings. When things were particularly difficult for Emily, she turned to Samaritans for support. Samaritans gave her that safe space she needed to talk about how she was feeling.

After speaking to Samaritans, life became better for Emily. She is working through her problems and talks to me and her dad if things are starting to get on top of her. I will always be grateful to Samaritans, and by leaving a legacy I can help them be there for more people like my daughter.”

**Samaritans supporter and mother of caller**

\*Name has been changed to protect identity

**There were 6,639 suicides in the UK and Republic of Ireland in 2015†. Sadly, suicide is the leading cause of death amongst young people.**

†Samaritans, Suicide statistics report 2017



**A gift in your Will could help keep our 201 branches across the UK and Republic of Ireland open round the clock.**

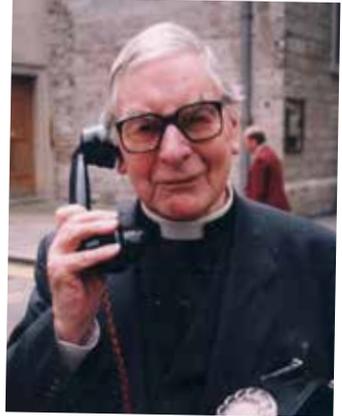


# Saving millions of lives began with one man and one phone

65 years ago, Samaritans was just one man with one phone. Now more than 20,000 volunteers across the UK and Ireland are there to respond to more than 5.4 million calls for help each year.

**Wonderful things can grow from the smallest of beginnings, which is why a gift of any size – big or small – will be very gratefully received.**

Right now, for every £1 raised, 82p goes on delivering the service, and 18p is invested to help raise the next £1. We are committed to making our service increasingly efficient, so we can listen to even more people in crisis.



Vicar Chad Varah began Samaritans 65 years ago.

“Samaritans meant a lot to my parents. They were both volunteers at their local branch.

Volunteering gave them a completely different connection with the world. They’d been brought up in an era when you didn’t talk about your emotions.

With Samaritans, they listened with compassion to people with problems.

If anyone reading this believes in Samaritans’ work like my parents did, then I hope you will be inspired by what a gift in your Will could achieve.”

**Valerie, daughter of Phyllis and Dennis Wiseman, who left a gift in their Will to Samaritans**

# Listening is at the heart of everything we do

**We listened when our supporters told us what they'd like from us when they leave a gift in their Will, and we're happy to make you these promises:**

- We understand that your Will is completely personal to you. So we will always respect your privacy.
- We appreciate that your family and loved ones always come first.
- We will use whatever gift you leave us efficiently so that it can do the greatest good, and with the utmost care, sensitivity and respect.
- We'll respect your wish to assign a gift to a particular branch or aspect of our work.
- We recognise you have the absolute right to change your mind about a gift in your Will, at any time.

**If you have included a gift in your Will and would like to let us know, or if you have any questions about our work, please contact our Gifts in Wills Manager on 03709 00 00 32 or [legacy@samaritans.org](mailto:legacy@samaritans.org)**