

**SAMARITANS**  
Ireland

# Longest Night



Thursday 21 December

We're lighting up for the longest night to show Samaritans are there during your darkest hours.



Here if you  
need us this  
Christmas  
Talk to us,  
we'll listen

Call free day or night on

**116 123**

Email

[jo@samaritans.ie](mailto:jo@samaritans.ie)

**SAMARITANS**