

Samaritans Support Resources

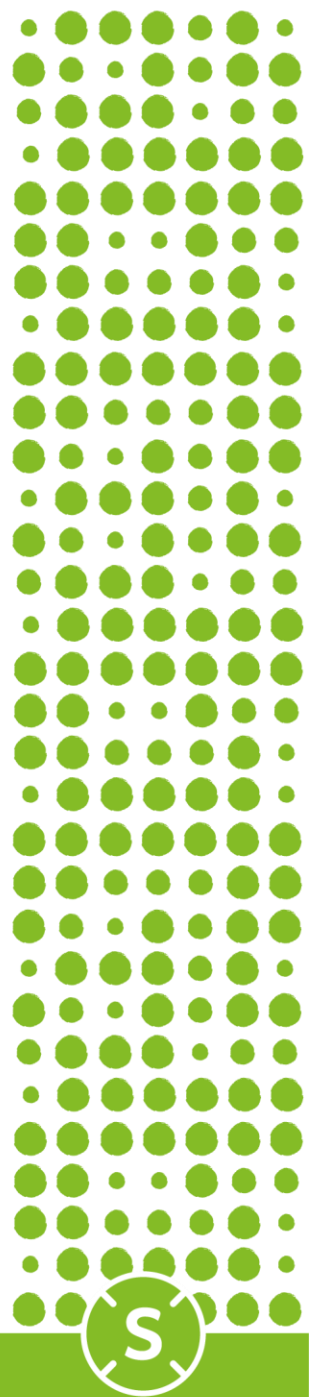
SAMARITANS

Gloucester & District





- The Covid-19 pandemic continues to have profound social, psychological and economic impacts all over the world. Samaritans is seeing the direct impact of coronavirus and lockdown restrictions on people's wellbeing across the UK and Ireland.
- As well as supporting callers via our national helpline, 116 123, Samaritans has a long and proud tradition of supporting its local communities.
- In this difficult time, Gloucester and District Samaritans branch would like to offer a selection of relevant and useful resources and an ongoing friendship and support.



Suggested Resources

A range of currently available resources is listed below and detailed in the remainder of this pack.

We offer any or all of these and would be keen to discuss whether there are any other means by which we could provide support.

Resources available:

- All-purpose Samaritans image
- Leaflets with local Branch details
- ‘Our Frontline’ poster aimed at staff and all key workers
- Samaritans self-help app
- Webinar videos



All-purpose Samaritans image

Our all-purpose image can be made available digitally – sent by email, displayed on websites, used in social media. It can also be displayed physically as a poster.

**Whatever
you're facing
We're here
to listen**

Call free day or night on
116 123

Email
jo@samaritans.org

A registered charity

SAMARITANS



samaritans.org



Leaflets

We can provide you / your locations with hardcopy or PDF leaflets that include details of the Gloucester & District branch.

SAMARITANS

Whatever you're facing We're here to listen

Contact Samaritans free – day or night, 365 days a year.
Call free on

116 123

Email
jo@samaritans.org

Visit us
9 Park End Road
Gloucester
GL1 5AT

SAMARITANS

samaritans.org/gloucester
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If you're going through a tough time, you don't have to face it alone.
samaritans.org

We're here for you

Whoever you are, whatever you're going through, we're here to listen.

What happens when you get in touch?

A volunteer will answer
We are trained volunteers, ready to listen.

No judgement
You can talk to us about anything, whoever you are, whatever life's thrown at you.

No pressure
We'll just ask what's going on for you and help you talk it through.

Let it all out
If you get upset and find it hard to talk it's OK, we'll stay until you're ready.

It's your call
We won't make decisions for you, we'll give you space to find your own way through it.

Our Frontline' poster aimed at staff

- The 'Our Frontline' poster is aimed at key workers, including retail staff.
- It promotes the website www.ourfrontline.org which can be accessed by this QR code
- 'Our Frontline' offers round-the-clock one-to-one support, by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health.
- 'Our Frontline' is a partnership between Shout, Samaritans, Mind, Hospice UK and The Royal Foundation of the Duke and Duchess of Cambridge.

SCAN ME



Samaritans self-help app

- The Samaritans self-help app helps individuals keep track of how they are feeling, and provides recommendations of things they can do to help themselves cope, feel better and stay safe in a crisis.
- The self-help app can be accessed via the www.selfhelp.samaritans.org website or via the QR code shown below.
- The QR code and/or website address could be made available to staff digitally, and/or displayed in staff rooms.



Video recordings

- During Mental Health Awareness week 2021, 10-16 May, Gloucester & District Samaritans delivered a series of short, bite sized, key message webinars.
- Video recordings of these talks are available on request to outreach@gloucestersamaritans.org

Our webinar topics:

- ‘Samaritans... why talk to them?’
- ‘Emotional Health’
- ‘Learn to Listen’
- ‘Watching out for each other in these challenging times’
- ‘Suicide in a community setting’



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Write

Freepost – SAMARITANS
LETTERS

Visit us

Find your nearest
branch on our website



**Be kind
to yourself
every day**

Use our **self-help app** to track your mood and find practical tips and techniques to look after your emotional health.

To find out more, visit
selfhelp.samaritans.org

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Contacts



For more information please contact

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Gloucester & District Branch

outreach@gloucestersamaritans.org

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**Samaritans' vision
is that fewer people
die by suicide**

