

SAMARITANS

Together, we can do something extraordinary...

During CP6, rail staff are coming together to volunteer an extraordinary one million hours to support people in crisis, in partnership with Samaritans.

The Million Hour Challenge will develop the rail industry's long-standing relationship with Samaritans by supporting and raising awareness of their work.

It also aims to improve the mental health and wellbeing of rail industry employees, helping them develop the skills they need to look after themselves and others.



Million Hour Challenge

millionhourchallenge.com

Be one in a million

Last year, Samaritans volunteers spent more than one million hours responding to calls for help.

With 201 branches across the UK and Ireland, Samaritans' service is run entirely by volunteers. Now, Samaritans are asking for your support to help them meet the increasing demand for their service.

- Research shows that volunteering makes us happier and healthier. The more we give the happier we feel.
- By giving your time, you will be making a difference.
- Volunteering helps counteract the effects of stress, loneliness and anxiety, it improves our own emotional wellbeing.
- You will meet new people and connect with your local community.

How can I get involved?

There are lots of options, depending on your interests and how much time you have to spare. Register at millionhourchallenge.com to find out more and log your hours once you get started.

I have a few hours to give

Why not hold a brew event with your team or become a social media supporter and help spread the message online? You could also complete the Samaritans Wellbeing in the Workplace Toolkit to gain valuable skills and learn how to recognise the signs of someone who's struggling to cope. You can access this training on the Million Hour Challenge website.

I'd like to support my local branch

Your local Samaritans branch might be looking for someone with exactly your skills and expertise – whether you can help by streamlining branch processes, managing the budget or support some great fundraising events. Find out if you can help at your local branch through your account on the Million Hour Challenge website.

I'd like to fundraise

It costs £5 for Samaritans to answer a call for help. You could raise vital funds as a team and improve wellbeing in your workplace by holding a Brew Monday event, quiz night, dress-down day or Sing for Samaritans. You'll find more fundraising ideas on the Million Hour Challenge website.

I can volunteer on a regular basis

As a listening volunteer you get the chance to make a real difference. People never forget the help they get from Samaritans. By listening you'll help people going through a difficult time and make a lasting impact on someone's future. To find out if being a listening volunteer is right for you, visit the Million Hour Challenge website.



Set up your profile today and start counting your hours to help us reach a million!

millionhourchallenge.com

Samaritans is a registered charity