

Help us be there when it matters

Volunteers are the heart of Samaritans. They run our 201 branches across the UK and Ireland in communities like yours. It means anyone who's going through a difficult time can count on Samaritans to be there day or night, 365 days a year. Today we're looking for new volunteers to help keep this vital service running. Samaritans is probably best known for our listening volunteers, but our unique service is delivered by a wider supportive team. Working behind the scenes are fundraisers, finance, admin, IT and marketing people too.

“ My only regret about becoming a listening volunteer is that I didn't do it 20 years ago. ”

Paul Johnson, Samaritans listening volunteer

We need you

People volunteer for lots of reasons: to develop new skills, make new friends or to simply give something back. Join our team and you'll share the incredible experience of helping people change their lives too.

SAMARITANS

Together, we can do something extraordinary...

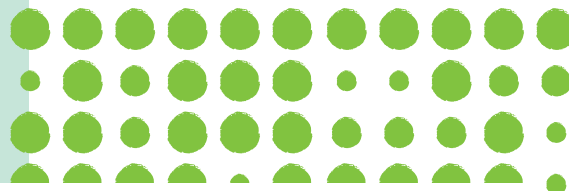
Find out how volunteering with us could help you change someone's life forever.

A registered charity

millionhourchallenge.com

 **Million Hour Challenge**

Ways you can help Samaritans



Listening

As a listening volunteer you'll be there for people who need someone to talk to. You'll be willing to listen and understand, without telling people what to do.



Team fundraising

Every branch needs funds to keep services running day and night.

Plan a fundraising activity individually or as part of a team, there are plenty of ways to raise crucial funds.



Marketing

It's important that people who need our services know who we are and how we can help.

Use your skills to write press releases, manage a social media channel or update the website.



Admin and finance

Our branches are busy, so we need people who know how to run things efficiently.

Your skills could help us streamline processes, plan rotas, manage the budget and plan spending.



Raising awareness

Help our branches raise awareness in your local area.

Attending talks, events or volunteering as a team helps to raise awareness and recognition of emotional health.



IT and web support

It's essential that we keep our technology up and running so callers can get through.

Use your skills to help with trouble-shooting, maintenance and upgrades.



Support the rail industry's Million Hour Challenge

During CP6, rail staff will come together to volunteer one million hours to support people in crisis, in partnership with Samaritans.

- Volunteering hours can include: taking part in Samaritans' online learning, fundraising, day-to-day running of Samaritans branches, coffee mornings and, for some, training to be a listening volunteer.
- Complete the Samaritans online Wellbeing Toolkit. The easiest way to find this is via our website at millionhourchallenge.com
- Register and help us reach a million by logging your hours at millionhourchallenge.com



How much time?

It all depends on the role you'd like to do and how much time you can give. To find out how you can support the challenge, visit millionhourchallenge.com