

**Bringing the rail industry together to help Samaritans be there when it matters most.**

**What counts towards the challenge?**

* Online learning including Samaritans Wellbeing Toolkit and Suicide on the Railway Toolkit
* Promoting Million Hour Challenge and Health and Wellbeing on social media
* Workplace tea events including Brew Monday
* Team/individual fundraising
* Attend Samaritans Managing Suicidal Contacts or Trauma Support training
* Supporting rail campaigns including leaflet hand out at stations
* Branch support roles (incl fundraising roles)
* School talks/Community engagement
* Listening volunteer
* Volunteer photographer

**millionhourchallenge.com**