[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwj65trUiI_lAhUBxIUKHdCwAycQjRx6BAgBEAQ&url=https://orr.gov.uk/news-and-blogs/press-releases/2019/rail-industry-comes-together-to-support-samaritans&psig=AOvVaw3pREZxNZAE5pmD_X38kY1Q&ust=1570706680330361)

**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**