

# SAMARITANS

## HERTS & ESSEX

The Herts & Essex branch of Samaritans has been based in Ware for the last 45 years, and has 120 volunteers who answer almost 35,000 calls for help every year.

People can contact Samaritans at any time of the day or night if they need to talk – and despite what some people might think, callers don't have to feel suicidal to get in touch. As well as the phone line, the branch responds to emails, text messages, and visitors who drop in to talk face-to-face.

### What do Samaritans do?

There's no typical person who contacts Samaritans. On any given day, any one of us might need to talk about what's causing us pain in our lives.

People talk to Samaritans about all sorts of things – such as job stresses, being out of work, family or money struggles, relationship issues, trying to measure up, feeling alone, worthless, sad or angry all the time, getting into trouble, being abused, or feeling suicidal. There is no typical problem.

Sometimes it's difficult to talk to family or friends: it feels embarrassing, too personal, or you don't want to take up their time. Sometimes there just isn't anyone to talk to. That's where Samaritans come in, giving people the chance to talk to someone in complete confidence about anything and everything that might be troubling them.

*"I am hugely proud of the branch and it's volunteers past and present. As well as dealing with the ever-increasing number of calls we get from people who need someone to talk to, we have also long been at the forefront of new initiatives within the organisation to reach out to even more people. Recently we were the first group of Samaritans in the region to deliver a programme about emotional*

*wellbeing to hundreds of primary school children in the Stevenage area, and we were one of the branches to first trial the text messaging service when it was introduced."*

Noel Griffin, branch director

### Want to help?

The branch is completely **volunteer**-run – even if you don't want to take phone calls we need people to help with admin, publicity, even keeping the building in good order! You might also want to help us reach more people by **displaying our posters or leaflets**. Call the local number below to find out more or email [ware@samaritans.org](mailto:ware@samaritans.org).

If you're interested in helping **raise funds** to keep the branch going let us know and we'll put you in touch with the Cheshunt Friends who would love to hear from you.

**If you need to speak to someone** call 01920 464099 (local), 08457 909090 (national), text 07725 909090, or email [jo@samaritans.org](mailto:jo@samaritans.org).

You can find out more about Samaritans at Ware at [www.waresamaritans.org.uk](http://www.waresamaritans.org.uk) . For more about the wider organisation visit [www.samaritans.org](http://www.samaritans.org).