



If you can't talk to anyone in school or at home there are other organisations out there you can talk to

24 July is Samaritans Awareness Day because the Samaritans are there for people 24/7

Samaritans are there to listen to anyone who is struggling to cope, at any time of the day or night on 116 123 free or go to [www.samaritans.org](http://www.samaritans.org)

SAMARITANS

Every 10 seconds,  
@samaritanscharity  
answers a call for  
help

## No matter...



What time it is



What you're going through



Where you are in the UK or Ireland

A Samaritan will face it with you