The year at a glance

Someone dies by suicide every 90 minutes in the UK and Ireland.

Samaritans volunteers spent over one million hours responding to calls for help.

We reached more than half a million people through our work in local communities.

Suicidal feelings were expressed during 1 in 4 emotional support calls.

We answered a call for help every six seconds.

We taught more than 134,000 children and young people about emotional wellbeing.

We spent 21 minutes on the phone to each caller, on average.

We responded in the way that suited our callers:

- 3.6 million phone calls
- 675,000 texts
- 30,000 face-to-face contacts
- 330,000 emails
- 1,200 letters

It costs £5/€6 for a Samaritan to be there for someone.

Thank you for supporting our vital work.
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We can all play a part in reducing suicide

Every 90 minutes, someone in the UK or Ireland takes their own life. Every single one of these deaths is a tragedy and everything we do at Samaritans is working towards our vision that fewer lives are lost to suicide.

We are a lifeline for those who have nowhere else to turn, supporting more and more people every year. Through more than 20,000 volunteers in 201 branches across the UK and Ireland, this year we answered a call for help every six seconds. Our volunteers also reached more than half a million people in places ranging from prisons to schools, workplaces, hospitals and train stations.

Of course, we can’t always be there in person, and not everyone feels able to reach out when they’re struggling to cope. That’s why we work to reduce stigma, raise awareness, and break down the barriers to seeking help. For instance, this year we partnered with a leading technology company to create a digital self-help tool for people experiencing suicidal feelings. And we launched Real People, Real Stories; a campaign aimed at encouraging men, who are at higher risk of suicide than women, to ask for help before it gets too much.

We can all play a part in looking out for the people around us. Samaritans supports people to recognise signs of emotional distress in others, and to have the confidence to reach out to them. Thousands of employees have completed Wellbeing in the Workplace, our online training tool on emotional and mental health. And, in our ninth year of partnership with the railway industry, we reminded people simply to start a conversation if they think someone may be in distress. It’s a small thing, but it can interrupt suicidal thoughts. We know that for every life lost on the railways, six are saved by the people around them.

While each of us can help ourselves and others to manage feelings, we also need governments and institutions to create an environment that supports wellbeing. That’s why we collect high quality evidence through research into suicide, and we make our voice heard by decision-makers. This year we’ve been working with governments across the UK and Ireland to ensure their suicide prevention policies are ambitious and effective. We’ve stressed that they must address societal issues like inequality because people living in the most disadvantaged communities face a higher risk of dying by suicide.

We’ve also been at the heart of the conversation surrounding the role that harmful online content can play in suicide and self-harm. We’re advising both the Government and social media platforms on how they should take action to make the internet safer for vulnerable people, based on our research in this area.

Whether you’ve made a donation to Samaritans this year, or volunteered your time and skills, thank you. Together, we’ve brought about positive changes that take us closer to our vision, and we’ve made a real difference to people’s lives.
We can all play a part in looking out for the people around us. Samaritans supports people to recognise signs of emotional distress in others, and to have the confidence to reach out to them.
In the time it takes you to read this page, Samaritans volunteers will have answered five more calls from people struggling to cope with how they’re feeling.

Samaritans volunteers in 201 branches are here day and night, 365 days a year, to listen and give people the space to share how they’re really feeling.

In 2018, 6,859 people in the UK and Ireland took their own lives – one person every 90 minutes.

But we believe that suicide is preventable, and that with your support we can help more people to avoid that crisis point.

We do that by being there for anyone who needs someone. By campaigning for changes that can save lives. And by equipping people with the skills to look after their mental health and emotional wellbeing as well as be there for others.

Samaritans is a charity working in the UK and Ireland. Your donations mean we can be here today, and work to change tomorrows.

20,000 Samaritans volunteers
day and night, 365 days a year
Our work in local communities

“We have a wonderful team of friendly volunteers. Our branch has a range of different outreach services, supporting our wider communities, Listeners in prison, peer listeners in the University of Limerick and the Gaelic Athletic Association.”

Noreen, Samaritans of Limerick & Tipperary

“We’re lucky to live in a city with a vibrant arts scene, and to provide a Samaritans presence at some fantastic events – from dance and storytelling to film screenings. We also provide training for groups that work with vulnerable people, including NHS volunteers, job centre staff and the coastguard.”

Catrin, Norwich Samaritans

“In addition to our schools, youth work and many other areas outreach, we’ve teamed up with libraries across Northern Ireland as part of our Brew Monday campaign – inviting people to get together for a cuppa and a chat at their local library to help reduce loneliness.”

Ken, Belfast Samaritans

“There’s a unique way of life in the Highlands, and a big part of what we do at the branch is work with communities across the region, so they know we’re here to support them, 24 hours a day, 365 days a year.”

Keith, Inverness Samaritans

“I became a volunteer to help spread awareness of how Samaritans is here for anyone in distress. I have attended loads of events in my local area and get a real sense of purpose in knowing I might have helped to save someone’s life.”

Maggie, South Wales Valleys Samaritans

“We’re fortunate to live in a city with a vibrant arts scene, providing a Samaritans presence at some fantastic events – from dance and storytelling to film screenings. We also provide training for groups that work with vulnerable people, including NHS volunteers, job centre staff and the coastguard.”

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“We have a wonderful team of friendly volunteers. Our branch has a range of different outreach services, supporting our wider communities, Listeners in prison, peer listeners in the University of Limerick and the Gaelic Athletic Association.”

Noreen, Samaritans of Limerick & Tipperary
This year, Samaritans volunteers answered more than 675,000 calls for help by text – a 17 per cent increase compared to the previous year.
Our priorities

We’re halfway through our 2015-2021 strategic period. In this report you’ll see how, in 2018/19, we worked harder than ever to meet our pledges in the four priority areas set out in our strategy:

- **Service** - we will improve the quality and consistency of our service.
- **Access** - we will improve access to Samaritans’ services.
- **Influence** - we will have stronger and more effective external influence and connections with partners.
- **Evidence** - we will improve collection and application of evidence.

To deliver all of this, we are making significant improvements across three key areas: volunteering, learning and development, and how we use digital technology.

We also report on the three factors on which all our work depends:

- Our people.
- Our brand.
- The income we need to raise to be sustainable.

Our values

These are Samaritans’ shared values, which shape everything we do:

- **Listening**
  
  Exploring feelings alleviates distress and helps people to reach a better understanding of their situation and the options open to them.

- **Confidentiality**
  
  If people feel safe, they are more likely to be open about their feelings.

- **Non-judgemental**
  
  We want people to be able to talk to us without fear of prejudice or rejection.

- **People making their own decisions wherever possible**
  
  We believe that people have the right to find their own solution and that telling people what to do takes responsibility away from them.

- **Human contact**
  
  Giving people time, undivided attention and empathy meets a fundamental emotional need and reduces distress and despair.
The best training

We’re delighted to have recruited around 1,000 more Samaritans volunteers from all walks of life in the past year. In-depth training is essential for our volunteers to develop their listening skills and resilience. But the demands of the training schedule can be difficult to meet alongside work or family commitments, causing around one-third of potential volunteers to drop out.

This year we began to test a new approach designed to suit those people who struggle to attend our usual programme of 10 evening sessions. Instead, the training was held over three residential weekends, attended by 23 potential volunteers from 11 branches. Next, we’ll introduce new ways to train volunteers, which we hope will boost numbers and diversity of our volunteer base.

We rolled out our mentoring scheme for written contacts across all our branches in 2018. It provides oversight and coaching to ensure that we respond at a consistently high standard to callers who reach out via text and email.

We also continued to implement our safeguarding procedures, so that every Samaritan knows what to do if they believe a child or vulnerable adult is at serious risk of harm, abuse or neglect.

The best use of tech

In 2018 we began working closely with Nominet, a technology company running and managing the registry for the .uk domain. Alongside a grant of £175,000, Nominet have donated their unrivalled expertise to help us apply technological solutions to some of the challenges we face.

Our research has shown that younger people, autistic people, and people with social anxiety can find it more difficult to use Samaritans' helpline, and may prefer to access self-help materials online. But navigating the world of online self-help can be difficult, and it’s crucial that resources are trustworthy and effective.

The evidence-based online tool we’ve created with the support from Nominet will help people reduce and manage suicidal thoughts and feelings. It’s a vital advance that we hope will break down barriers to seeking help for anyone who doesn’t feel able to contact us.

The second development is a digital dashboard; cutting-edge technology to help our branches match volunteer resource with the minute-by-minute demand for support across our communication channels.

Both innovations – planned for launch in 2019 – have the potential to radically improve how Samaritans can support people who are struggling to cope.
“I emailed Samaritans because I wanted to explain my feelings to someone who had no pre-conceived idea about me. I wanted to get everything off my chest and Samaritans provided me with reassurance and the confidence to do something about how I was feeling.”

Emily
Ensuring anyone who needs us, can reach us

Our helpline services are free, and we embrace technology so callers can get in touch how they like. Beyond our 201 branches, we provide a human presence in the places and at the times we can help the most.

Being there in a way that suits you

This year we answered a call for help every six seconds, supporting more people than in 2017. As well as 3.6 million phone calls, Samaritans volunteers responded to more than 675,000 calls for help by SMS – 17 per cent more than last year – and more than 330,000 calls for help by email, an increase of 15 per cent. We also answered 1,200 letters and provided face-to-face support more than 30,000 times this year. More than 700 calls were made to our Welsh helpline, which allows Welsh-speakers to receive support in their chosen language.

Being there, where and when people need to talk

We reached more than half a million people through our work in local communities in 2018, focusing particularly on the locations and at the times we know people struggle to cope.

For instance, our Step by Step scheme helps schools, colleges and universities affected by suicide. In 2018, Step by Step volunteers supported 130 education and youth settings following an attempted or suspected suicide.

Through our military programme we developed a new pocket guide to looking after your own emotional health and supporting others around you. Two hundred thousand copies were delivered to the armed forces community.

We continued to expand our work in prisons and, following a recruitment drive, this year more than 1,200 prisoners volunteered as trained prison Listeners.

Our partnership with the rail industry entered its ninth year. In 2018 we provided post incident support at stations 86 times, and raised the profile of our helpline through roadshows in rail priority areas. Eighty-one people were referred to us for help by the British Transport Police.

Suicide is the biggest killer of men under 50, with men aged 20-59 at the highest risk. Our new awareness campaign – Real People, Real Stories – reached out to this group.
Nicole works at the Bank of England as a case officer and has completed Samaritans’ Wellbeing in the Workplace learning programme. It has given her the skills to look after her own wellbeing and the courage to approach colleagues who are struggling. She has seen a noticeable impact on colleagues by simply asking them if they’re OK and encouraging them to share their feelings.

As the mother of a child on the autism spectrum, Nicole has felt empowered to ask for help and support at work. Having an understanding working environment improves her work-life balance and reduces stress, which makes her a better parent and a more productive employee.

Being able to complete the training online, in bite-sized chunks, and in privacy whilst working from home, made the whole process more accessible and enjoyable for her.

Nicole feels that the Wellbeing in the Workplace programme supports the Bank’s goal to create a healthy physical and mental environment, where staff can thrive. And she believes it has the potential to change lives.

“It’s OK to ask someone at work if they’re OK”

We’re working with the Lord Mayor’s Appeal to support people in crisis and create happier, healthier and more productive workplaces across London and beyond. This year, the Appeal raised £580,000 for our helpline and Wellbeing in the Workplace tool.

The tool brings Samaritans’ listening and wellbeing skills into the workplace through a set of online learning resources. They give employees the skills to intervene when someone is struggling, actively listen and manage difficult conversations, and look after their own mental wellbeing.

Thousands of staff have already completed the training from employers including PwC, Bank of England and the Civil Service. Afterwards, nine out of ten people said it helped them recognise emotional distress in others, and have the confidence to approach them.

Wellbeing in the Workplace taught me that it’s safe to ask another human if they are OK, and not be afraid of their response. On a personal level, it gave me the confidence and courage to be more open with my team about my own mental health.

Holly Buckley, Leeds Building Society

The campaign shared real stories from men who’ve been through tough times and encouraged men to seek help. TalkSPORT partnered with us to share powerful stories from sport stars like Leon McKenzie, the Premiership footballer and boxer.

Our multi award-winning Small Talk Saves Lives campaign encourages people to trust their instincts and start a conversation if they think someone is in distress and may need help. Since its launch, there has been a 20 per cent increase in the number of times the public acted to prevent suicide in the rail environment – meaning that around one in ten interventions are now made by the public. This year, our new film Everyday Small Talk emphasised that we each have all the experience we need to save lives, whether we realise it or not.

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Brew Monday is a really simple and effective way to get more people talking. It doesn’t have to be a Monday and it doesn’t need to be tea – just reaching out to someone who may be lonely or going through a difficult time can be the help they need to see things a little clearer.

Dr Alex George

We forge links with other organisations to find and reach the people who need us most today.
And we position ourselves at the heart of policy-making to make change for a hopeful tomorrow.

Working with others to make a bigger impact

Working with the media
Our media advisory service encourages responsible reporting and portrayal of suicide. This year we provided 53 training sessions to editors and journalists, and advised on award-winning storylines on Coronation Street, EastEnders and Hollyoaks.

“Brew Monday is a really simple and effective way to get more people talking. It doesn’t have to be a Monday and it doesn’t need to be tea – just reaching out to someone who may be lonely or going through a difficult time can be the help they need to see things a little clearer.”

Dr Alex George

Working on pressing issues
In a year when there was significant attention on the role that online content may have played in suicides among young people, we have been at the forefront of the conversation. We’ve been working with the Government and companies including Facebook, Google, Instagram and Twitter, and were the only charity to attend a cross-government summit with the industry. We will keep pressing the government on the need for bold changes to make the online environment a safer place for vulnerable people.

We’ve also been calling on the UK Government to address chronic loneliness in the young, because our new research has shown that loneliness often plays a role in the suicidal thoughts of young people.

We launched the report on Brew Monday, our annual January campaign celebrating the tradition of getting together over a cuppa. This year our message was amplified through nationwide press coverage and The Domino Effect, a shareable short film of young celebrities talking about loneliness and the importance of listening. In Scotland, we responded to the Government’s consultation A Connected Scotland, calling for an approach that addresses how loneliness affects people at different stages of life.

And we continued our work to address the link between inequality and suicide, which we spotlighted in our Dying from Inequality report in 2017. In Scotland, we responded to the Government’s consultations to highlight how planning can play a positive role in addressing the impact of socioeconomic deprivation on public health. In Wales, we launched our Working with Compassion Toolkit to help workplaces and services act with compassion when interacting with someone in distress.
We forget that getting together for a cup of tea is part of so many cultures. Brew Monday reminds people of the little things we can do to help make a change and have a positive impact on other people’s lives, regardless of our background, race or religion.

Hussain Manawer

Working at the heart of prevention policy

We are part of ministerial advisory groups on suicide prevention in every nation of the UK and Ireland. This year we again helped to shape policy by contributing evidence and expertise to government plans, and through our involvement with the National Suicide Prevention Alliance. In Scotland, we enabled those who’d lost a loved one to suicide, or who had their own experience with suicidal thoughts, to add their voices to the Suicide Prevention Action Plan. This was through an award-winning partnership between us, NHS Health Scotland and the Health and Social Care Alliance.
I needed to talk, so I rang the last place I could think of – Samaritans. I remember the power of someone finally listening to me without judgment, without rushing in to problem-solve and push the subject away. I remember the realisation that there were other options, that hope still existed outside of this dark place.

James
The more we know, the more we can help

We’re constantly improving the way we collect and use evidence. It informs the way we shape and develop our services and helps us keep track of how we’re doing.

Understanding suicide

This year we added to the knowledge base through crucial research into suicide and suicide prevention, including studies on:

- Local suicide prevention plans in England. A collaborative study with the University of Exeter commissioned by Public Health England and supported by the Local Government Association and Association of Directors of Public Health, to understand more about what suicide prevention activity is happening locally across the country.

- The use of language around suicide. A collaborative study with the Universities of Bristol and Nottingham involving a survey of people who have been affected by suicide in order to understand how acceptable and appropriate certain phrases related to suicide are. The study’s findings supported our current guidance around messaging, and provided insights into the views of different groups of people.

- Primary care for people at risk of suicide. A collaborative study with the Centre for Mental Health to explore how to improve primary care for people at risk of suicide. The findings were launched in parliament in April 2019, with recommendations for policy and practice.

Understanding our callers

This year we continued to develop understanding of our callers through the use of our eLog system, which allows us to collect anonymous data. Insights from around 15 million contacts, gathered over three years, reveals that the most common areas of concern to callers are mental health, family, relationship problems, isolation/loneliness and physical health/illness.

The eLog is also building a much clearer picture of the use of our service. For instance, we now know that the average length of an emotional support call is 20 minutes, rising to 30 minutes where suicidal feelings are expressed. We are more likely to get calls from people expressing suicidal feelings in the early hours of the morning, and particularly on Sundays. We’ve also learned that more men express isolation and loneliness than women, and that isolation and loneliness is expressed more at Christmas. These insights are essential for matching our volunteer workforce to the high demand times, ensuring that we can be there for anyone who needs someone.
Ordinary people doing extraordinary things

This year, Samaritans volunteers spent over one million hours responding to calls for help.

Samaritans volunteers are the reason we can be here for anyone who is struggling to cope – day or night, 365 days a year. They listen, and give people the space to share how they’re really feeling.

This year we were delighted to welcome around 1,000 more listening volunteers to Samaritans, joining thousands who gave their time in a variety of ways:

- Over 17,000 trained listening volunteers responded to calls for help.
- A further 2,200 volunteers supported the running of our 201 branches.
- More than 1,200 prisoners volunteered as trained Listeners.

The time given by Samaritans volunteers is estimated to be worth over £78 million a year.* But their true impact on people’s lives is immeasurable.

It’s essential that we continue to drive volunteer recruitment to keep pace with the rising demand for our service. This year we saw promising results when we piloted new ways to make recruitment quicker and more flexible.

We are committed to promoting diversity and have launched a wide-ranging Equality, Diversity and Inclusion project with support from the Waterloo Foundation. The project, which is based in Wales, will explore the barriers that can prevent people from volunteering and – most importantly – how we can break them down. What we learn will support our work on inclusion across the whole organisation.

“As a volunteer you connect with such a wide range of people. Listening at Samaritans has changed my everyday interactions and taught me to be more patient and empathetic in every situation.”

James

*Based on 21,077 volunteers giving an average of five hours per week at the median gross hourly rate for full time workers in the UK, as stated by the Office for National Statistics.
Samina, James, Cat and Barbara (left to right), Samaritans volunteers
The face and voice of Samaritans

In March 2019 we updated how we look and sound, shining a fresh light on Samaritans to help us reach more people who are struggling to cope, and to inspire potential volunteers and supporters.

Our brand is warm, life-affirming and hopeful. We tell real people’s stories in their own words.

The refresh followed extensive research with volunteers, members of the public, people who have used our services in the past or might need to in the future, and people who might support us financially.

Our brand highlights the power of human connection and how it can improve and even save people’s lives. And it shows that we are not just here for people in moments of crisis, but are working in many different ways to achieve our vision that fewer people die by suicide.

In parallel with the brand work, we launched our new website at samaritans.org. It reflects a step change in our use of digital technology, based on research into how we can best serve all of our audiences. The new website is more accessible so that users can navigate content easily, meeting our callers’ needs by putting our helpline details front and centre. It will also make it possible for us to integrate new services, such as webchat.

Today, people are talking more openly about mental health, emotional wellbeing and suicide than ever before. The strength of our brand means we can be part of this movement, helping people find ways to cope when life is tough and develop the skills to be there for others. Our brand is trusted and respected and this helps us campaign effectively to make suicide prevention a priority.

“"If you’re going through a tough time, the best thing you can do is talk and share it. Sometimes it’s alright not to be alright, but things can always get better and there are so many more options.”

Ollie
Sometimes it's alright not to be alright.

Ellie
Together we are Samaritans, together we’ve changed lives

Every year we need to raise £24 million to make a real difference to the lives of people struggling to cope.

We are indebted to our supporters who have been there in all sorts of ways to change lives. From our corporate partners to every individual who gave so generously.

Donors at the heart of our fundraising

Long-term relationships with our supporters and donors are vital to keep our services running 24/7, 365 days a year. We gathered feedback from over 1,700 donors this year to make sure that our communications and products are led by what they need and want. We’ve developed a supporter panel of over 1,000 people who’ve kindly agreed to help shape new ways we can reach current and new supporters.

We’re delighted to have welcomed over 25,000 new supporters to Samaritans this year, and we’re grateful to everyone who has made a donation to help us be there for the people who need us the most.

Digital fundraising

Digital engagement in Samaritans fundraising continues to grow. Our generous Facebook supporters have made donations or set up a celebration fundraiser for friends to donate to. We’ve been bowled over by the response we’ve had – in 10 months we received over 13,000 donations through Facebook.

Sharing stories of hope at Christmas

Christmas can be a really lonely time for many, so it’s an important moment to remind people that we need their donations to be there for those struggling to cope. In 2018 the campaign raised £250,000 from our generous donors by bringing to life the stories of our callers and volunteers.

Emma, who featured in the campaign, said:

“To the incredible human being that Christmas Day night who listened to me, you were not only a lifesaver – you’ve been part of my life changing. I would encourage anyone who may be struggling to reach out and make the call as I did.”
The atmosphere on the day of the London marathon was fantastic from start to finish.

Andy, pictured with Leeds Building Society colleague and fellow marathon runner Vickie.
With your support we can be there

Thank you to our wonderful supporters.

By giving money or time, you have helped us be there for anyone struggling to cope.

Your generosity has helped us get closer to realising our vision that fewer people take their own lives.

- It costs Samaritans £5/€6 to be there for someone
- A donation of £46/€51 could train and support an existing volunteer for a year
- £200/€224 covers the cost for a new volunteer to build the skills they need to answer a call for help
- A donation of £12,000/€13,500 could fund Samaritans’ helpline for 24 hours, helping volunteers respond to an average 13,000 calls for help

The costs above are based on figures across the whole organisation, including affiliated branches.

The illustrations on this page reflect the income of Samaritans Central Charity in 2018/19 (not including affiliated branches).

£8.7M
52,650 individuals

Generous donations from more than 52,650 individuals totalled almost £8.7 million (including gifts left in Wills).

51,000 Employees

We reached more than 51,000 employees through 42 businesses that chose to support us this year.
1,500 supporters stepped up for a challenge and ran, swam, biked, baked or dreamt up their own fabulous fundraisers and rallied friends, family and colleagues to sponsor them in aid of Samaritans.

1,500

Up for a challenge

6 million was raised from trusts, statutory and major donors.

£6M

Raised

Thanks to the £24 million you helped us raise, Samaritans volunteers were able to answer a call for help every six seconds. This year we spent 88 pence in every pound on reaching out to people, responding to calls for help and improving our services. The rest was invested in fundraising to help us raise enough income next year and beyond. Any surplus funds are spent on developing our vital services for the future.

The charts above show the income and expenditure of the whole organisation, including affiliated branches, in 2017/18.
You helped us to be there

Thank you to all our donors and supporters, including those who wish to remain anonymous.

We would like to extend a special thank you to our Royal Patron, His Royal Highness The Prince of Wales.

Corporate donors
Abellio
Boots Charitable Trust
Coffee#1
Costain
Hachette UK
John Lewis Partnership
Golden Jubilee Trust
Leeds Building Society
Nominet
PwC Foundation
Reinsurance Group of America
Scotmid Co-operative
Scribbler
Spirax Sarco Group
Charitable Trust
SSE
UK Greetings Ltd
Ustudio

Major gifts
Dr Vik Bansal
Peter Harrison
The Hands Family Trust
Chris and Gilda Haskins

Statutory and similar bodies
Ministry of Defence
Department of Health and Social Care (England)
Department of Health (Northern Ireland)
Health Service Executive (HSE): National Office for Suicide Prevention (Ireland)
Irish Prison Service
Ministry of Justice HMPPS
Northern Ireland Prison Service
Scottish Government
Scottish Prison Service
Welsh Government/
Llywodraeth Cymru

Strategic partners
Highways England
The Lord Mayor’s Appeal
Network Rail
Woodmansterne

Trusts and foundations
29th May 1961 Charitable Trust
A D Power Will Trust
Adint Charitable Trust
Adrians Charity
Albert Hunt Trust
Alice Elen Cooper-Dean Charitable Foundation
Anthony Scholefield Foundation
Atlas Fund
Band Trust
Barbara Cairns Trust
Bay Tree Charitable Trust
Bolton Trust
CHK Charities Ltd
CRH Charitable Trust
Cadogan Charity
Comic Relief
Trusts and foundations (cont.)

Dr. Vivian Child Charitable Trust
Edith Lilian Harrison 2000 Foundation
Ernest Kleinwort Charitable Trust
Hutchinson Charitable Trust
Inman Charity
JAH Charitable Trust
James and Patricia Hamilton Charitable Trust
John Coates Charitable Trust
John Young Charitable Settlement
Jordan Charitable Foundation
Leslie Mary Carter Charitable Trust
Michael Cornish Charitable Trust

Misses Robinson Charitable Trust
P F Charitable Trust
Peacock Charitable Trust
Pears Foundation
Persula Foundation
Peter and Teresa Harris Charitable Trust
Pilkington Charities Fund
Porta Pia 2012 Foundation
Souter Charitable Trust
Stone Family Foundation
Swire Charitable Trust
Trott Family Charitable Trust
The Waterloo Foundation
The Worshipful Company of Founders
Contact Samaritans free – day or night, 365 days a year

Call free on
116 123
0808 164 0123

Welsh language line – for opening times, please visit samaritans.org/wales
This number is free to call.

Email
jo@samaritans.org (UK)
jo@samaritans.ie (ROI)

Text
07725 90 90 90 (UK)
087 2 60 90 90 (ROI)
Standard text rates apply

Write to us for free at this address
FREEPOST RSRB-KKBY-CYJK
Chris, PO Box 9090
Stirling
FK8 2SA

samaritans.org

Samaritans Registered Office
The Upper Mill, Kingston Road, Ewell, Surrey KT17 2AF
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