

# How Samaritans can help rail staff

## Here after an incident

We can arrange for Samaritans volunteers to attend a station or depot in the days following an incident.

Email

[railcompanies@samaritans.org](mailto:railcompanies@samaritans.org)

If you are worried about a colleague or witness after an incident, you can call Samaritans free on **116 123** to arrange for a listening volunteer to ring the person you're worried about.

## Here for rail users

If you're worried about someone, encourage them to call Samaritans anytime on **116 123**.

If you think they are in danger of taking their own life, contact the emergency services on **999**.

Scan the QR code to find out more about supporting someone.



## Here for training

The Managing Suicidal Contacts course will help you to engage with vulnerable people.



Scan the QR code to find out more.

The Trauma Support Training can help manage trauma after an incident on the railway.



Scan the QR code to find out more.

To access our courses, email [railcompanies@samaritans.org](mailto:railcompanies@samaritans.org)

## Here for you

You can get in touch about anything that's troubling you, no matter how large or small the issue feels.

You can call Samaritans free on **116 123** 24/7, 365 days a year.

We won't judge you or tell you what to do. We'll listen so you don't have to face it alone.

Scan the QR code to find out how Samaritans can support you.

