Economic disruption report
In December, Samaritans published its new research report looking at the impact of economic disruption through the coronavirus pandemic on the mental wellbeing of young adults living and working across the UK.

Consultation submission
In January we submitted our volunteer-informed response to the 2022 suicide prevention strategy consultation, and look forward to next steps of engagement with Scottish Government and COSLA.

Locations of concern workshops with PHS
We ran a series of online engagement sessions, in partnership with Public Health Scotland, Scottish Government, COSLA and Police Scotland to explore challenges and opportunities for prevention at ‘locations of concern’. A total of 49 people from all over Scotland participated, representing many different sectors including: Samaritans Scotland volunteers, ScotRail and the Scottish Fire & Rescue Service.

Brew Monday
The third Monday in January is sometimes referred to as ‘the most difficult day of the year’ but at Samaritans we know that we all have our good and bad days and those aren’t for the calendar to decide. That’s why we encouraged people to swap out ‘Blue Monday’ for ‘Brew Monday’ and start a conversation over a cuppa with friends, family, colleagues and loved ones.

Self-harm strategy
The Scottish Government has committed to a strategy and action plan to improve support for people who self-harm. After the Minister for Mental Wellbeing answered our call for a new self-harm strategy in Oct 2021, we’ve met with all political parties to share findings of our research and worked with officials to help shape next steps.

Christmas campaign
Our 2021 Christmas campaign encouraged our supporters in Scotland to become a Samaritans Christmas Star and donate to ensure our volunteers could be there to listen.

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