

About Samaritans

Samaritans Vision is that fewer people die by suicide

Our mission is to alleviate emotional distress and reduce the incidence of suicidal feelings and suicidal behaviour.

1. Providing a Listening Service
2. Education and Training [D.E.A.L]
3. Outreach Program



This talk is about;

- Emotional health
- Looking after ourselves & others
- Coping with life's ups & downs
 - How talking helps
 - How listening helps
 - Contacting Samaritans

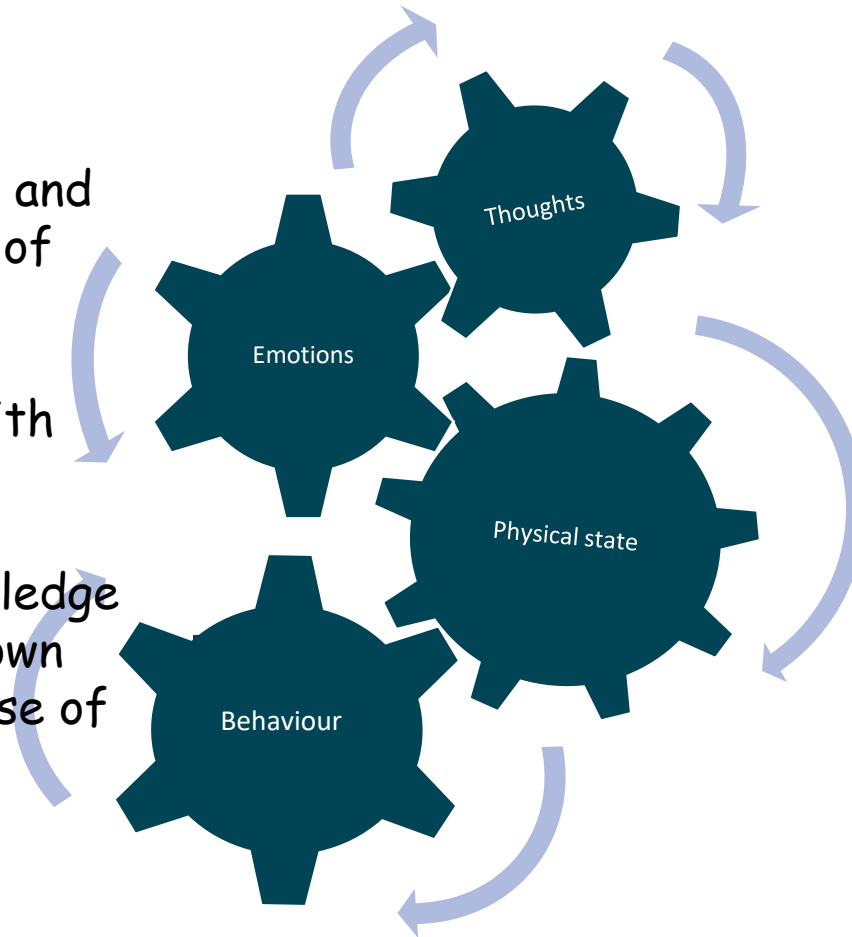


Emotional health – Interaction..

The way we think and feel & Our sense of well-being

Ability to cope with life's events

Ability to acknowledge and respect our own emotions and those of others



Having good emotional health isn't the same thing as being happy all the time.

It's about being able to deal with life; good & bad



Develop & Maintain your Emotional Health using Do Give “Eclairs for Tea”;

- E- Exercise / Eat Well / Enjoy
 - C- Challenge / **Connect** / **Courage**
 - L- Laugh / Listen / Learn / Live / Love
 - A- Affirmations/Activities-Read/Write/Music
 - I- Interest / **Interact with others**
 - R- Relationship / Relaxations / Regrets
 - S- Sleep / Smile / Seek Help / Self-Talk
- for
- T- **Talk/ & Take Care of yourself & others**



Talking



Talking to someone helps to...

- Sort through your feelings
- Put things into perspective
- Release stress
- Build resilience



Listening



Becoming a better listener ...

Show you care

Have patience

Use open questions

Say it back

Have the courage



The Samaritans

- Volunteers are regular people from all walks of life over age 18, screened and trained in the Samaritan way.
- Approx. 1,370 volunteers give their time in the 21 branches in Ireland = over 60,000 hours in listening time.
- There are c.130 Galway Volunteers [taking c.1000 calls per week]
- Recruitment in the Galway branch takes place twice a year – Information night usually February & September.



Thank you for listening.
If you have **any questions we'd be
delighted to try to answer them.**

Selfhelp.Samaritans.org

Freephone: 116123

