

SAMARITANS

“

Being listened to lifted a huge weight off my shoulders.

Samaritans caller

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Contact Samaritans free –
day or night, 365 days a year.

Call free on

116 123

Email

jo@samaritans.org

Visit us

Victoria House

**Back of Albert Place, Pittville
Cheltenham GL52 2HN**

SAMARITANS

samaritans.org/cheltenham

A registered charity

**Whatever
you're facing
We're here to listen**



If you're going through
a tough time, you don't
have to face it alone.

samaritans.org

We're here for you

Whoever you are,
whatever you're
going through,
we're here to listen.



I just wanted to talk to someone who would listen – without judging me, telling me what to do or worrying about me.

It helped me to be able to say anything that was on my mind.

Samaritans caller



Maybe your problems have built up over time. Perhaps you've hit an unexpected crisis. Or you just can't pinpoint what's wrong. Don't wait until it feels too much. You don't have to face it alone.



What happens when you get in touch?

A volunteer will answer

We are trained volunteers, ready to listen.

No judgement

You can talk to us about anything, whoever you are, whatever life's thrown at you.

No pressure

We'll just ask what's going on for you and help you talk it through.

Let it all out

If you get upset and find it hard to talk it's OK, we'll stay until you're ready.

It's your call

We won't make decisions for you, we'll give you space to find your own way through it.