

# Chaigeley School

# NEWSLETTER

Therapeutic Support for Parents & Carers

SAMARITANS

## Talk to Us Campaign

24 July (24/7) is Samaritans Awareness Day. The Samaritans are there to listen 24/7. On this date and throughout July, they will be running their awareness-raising campaign Talk to Us, to remind people that they are here for anyone who needs someone to listen. The Samaritans are challenging the UK to become better listeners by sharing expert tips on how to be a better listener.

Every year in July, Samaritans branches in the UK and Republic of Ireland hold local events to raise awareness of the services they offer and to get the message across that the Samaritans are here to listen to anyone who's struggling to cope, at any time of the day or night.

To find your nearest branch and for more information please right click on the links below:

[Find your nearest Samaritans branch | Branch Finder | Samaritans](#)

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

Please email us any questions/feedback that you may have to help support you and your family; [therapy@chaigeleyschool.org](mailto:therapy@chaigeleyschool.org)

See our Twitter page for more info, news and activity ideas; [@TChaigeley](https://twitter.com/TChaigeley)

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THERAPY  
Chaigeley School



The Samaritans offer lots of services; they are free and available 24 hours a day. They offer different ways of getting in touch with them to make it accessible for everyone.

If you want to talk to someone there is a one to one service which you can call , you can also email or write to them. They have a self – help app that you can download onto your phone.

So if you are having a difficult time and struggling to cope they can help. Also if you are worried about someone else they can offer you advice and support.

Please have a look at the Samaritans website by clicking right on the link below:

[Talk To Us Campaign | Samaritans Campaigns](#)

