

Wed, May 23, 2018

## Samaritans



Samaritans provide a confidential emotional support service to anyone who is feeling down or finding it difficult to cope and needs someone to talk to.

Talking through issues can clarify things and we believe that, given time and space to talk through difficulties, most people can find a way forward. You can talk to Samaritans about anything including suicidal feelings.

Samaritans understand that, on any given day, any of us might need to talk. You can contact us 24 hours a day, 7 days a week by phone, e-mail, letter, and even face to face at your local branch. We are here whenever you need to talk.

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

67a Tomnahurich Street, Inverness, IV3 5DT  
Tel: 01463 713 456

7 Riverside Place, Thurso, Caithness, KW14 8BZ  
Tel: 01847 895 656

## Further Information and Contact Details

**Street Address:** Chris, PO Box 9090, Stirling, FK8 2SA

**Telephone:** 08457 909 090



**hi-hope.org**  
by Hi Hope - hi-hope.org  
hi-hope.org

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**Website:** [www.samaritans.org.uk](http://www.samaritans.org.uk)