

About Samaritans

Samaritans' vision is that fewer people die by suicide.

We believe suicide is preventable. When you're going through a tough time, Samaritans is here to listen. Whoever you are, whatever you're going through, you don't have to face it alone.

Samaritans is here for anyone struggling to cope day or night, 365 days a year. We take action to prevent people reaching crisis point, help people cope, and learn the skills to be there for others. We campaign to make suicide prevention a priority.

Our free phonenumber, 116 123, is open day and night, every day of the year. You can also reach out for support via email, and some Samaritans branches offer face-to-face support too. For more information, visit [samaritans.ie](https://www.samaritans.ie)

Why what we do matters

- **Every 90** minutes someone in the UK or Ireland takes their own life.
- Suicide is the biggest killer of **men under 50** and **young people aged 16-24**.
- **1 in 5** of us has had suicidal thoughts.
- Suicide is not equal –the lower your social class the more likely you are to be affected by suicide. If you are less well-off and male you are **10 times more likely** to die by suicide than by more well-off men.

Key stats from 2024

Calls to Samaritans helpline are confidential; phone numbers and email addresses are encrypted, and we don't know who callers are unless they choose to tell us, but we record some anonymous data to help us improve our service.

- Every day, Samaritans volunteers in Ireland & Northern Ireland respond to around **1,500** calls for help. That's a call every minute.
- Samaritans volunteers in Ireland & Northern Ireland responded to more than **570,000** calls for help in 2024.
- For over half of our callers, Samaritans is their only source of support.
- More than **1 in 3** Samaritans callers mention loneliness.
- Over **2,000** trained listening volunteers in Ireland & Northern Ireland responded to those calls for help.

When people contact Samaritans for emotional support, they often mention several concerns. These include:

- Mental health or illness
- Family
- Isolation or loneliness
- Money worries
- Relationship problems