

# SAMARITANS

I got bullied a lot when I was growing up and often felt alone and needed someone to talk to. I don't want others to feel alone so I decided that I would do what I could to prevent that from happening - that's why I became a Samaritan.

The most rewarding thing about being a Samaritan is to know you're making someone feel better by enabling them to talk to you. You also work with some lovely people and I have made some great friends.



## Marie



I wanted to become a Samaritan because having had other people help me in times of distress during my own life, I felt it was time to put something back to try and help others. Having once considered suicide myself, I feel I have some understanding of what some of our callers are feeling.

The best thing about being a Samaritan is the thought that if people want to talk then at least I can be there at the end of a phone to listen to them.

## Derek

If you're interested in becoming a Samaritan contact Carol Sexty, Outreach Officer, Sheffield Samaritans on 0970 7890309 or email: [carol.sheffieldsamaritans@hotmail.co.uk](mailto:carol.sheffieldsamaritans@hotmail.co.uk)