

[Samaritans \(https://www.activelink.ie/node/559\)](https://www.activelink.ie/node/559)

Samaritans provides confidential emotional. The service is provided 24 hours a day 365 days a year by over 1,800 volunteers. At the heart of this service is the belief - that offering people the opportunity to be listened to in confidence, and accepted without prejudice, can alleviate despair and suicidal feelings.

Samaritans' mission

Samaritans is available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Samaritans' vision is for a society in which:

- Fewer people die by suicide
- People are able to explore their feelings
- People are able to acknowledge and respect the feelings of others.

Samaritans' values are based on these beliefs:

- The importance of having the opportunity to explore difficult feelings
- That being listened to, in confidence and accepted without prejudice, can alleviate despair and suicidal feelings
- That everyone has the right to make fundamental decisions about their own life, including the decision to die by suicide.

Contact Info

Samaritans

To contact your nearest branch simply select a region on the map available on the website at

<https://www.samaritans.org/ireland/how-we-can-help/contact-samaritan/> (<https://www.samaritans.org/ireland/how-we-can-help/contact-samaritan/>)

Tel (Republic of Ireland): Free to Call [116123 \(tel:116123\)](tel:116123)

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

Dublin Branch

Call in: 112 Marlborough Street, Dublin 1 from 10am – 10pm daily

Email

jo@samaritans.org

Website

<https://www.samaritans.org/ireland/branches/dublin/> (<https://www.samaritans.org/ireland/branches/dublin/>)

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