

This number is  
FREE to call



**116 123\***



**jo@samaritans.org**



**www.samaritans.ie**

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**Visit us** at any of our branches below

- Athlone** 3 Court Devenish, Athlone, Co Westmeath  
**Cork** Coach Street, Cork  
**Drogheda** 3 Leyland Place, Stockwell Street, Drogheda  
**Dublin** 112 Marlborough Street, Dublin 1  
**Ennis** Sunville, Kilrush Road, Ennis, Co Clare  
**Galway** 14 Nun's Island, Galway  
**Kilkenny** 2 Abbeybridge, Deanstreet, Kilkenny  
**Limerick** 20 Barrington Street, Limerick  
**Newbridge** 3 McElwaine Terrace, Newbridge, Co Kildare  
**Sligo** 3 The Mall, Sligo  
**Tralee** 43-44 Moyderwell, Tralee, Co Kerry  
**Waterford** 16 Beau Street, Waterford

See our website for individual opening hours

**SAMARITANS**  
**IRELAND**

Registered charity number 11880.

To protect our callers' privacy, photos have been posed by models.

# TALKING GOT ME THROUGH



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# GIVING YOU THE SPACE TO SAY IT

There are many reasons for why you might want space to talk.

- Life could have taken an unexpected turn, or problems might have built up over time.
- It could be about something specific, or just something you can't put your finger on.
- Whoever you are, however you feel, whatever life's done to you – you can talk to us about it.



**'Samaritans are there when all your friends are asleep and you are alone in the world. When you're full of thoughts that you don't understand, it's good to get them out.'**

Samaritans caller

- We're not a religious organisation.
- We're ordinary people, there to listen.
- We're a charity, funded by kind donations.

**Talk to us** any time you like, in your own way – about whatever's getting to you. You don't have to be suicidal.



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