

Greater Anglia will welcome Samaritans volunteers to its stations

January 12, 2023



Greater Anglia has teamed up with Samaritans with its volunteers going to stations to spread the message that there's no such thing as Blue Monday.

The suicide prevention charity is keen to dispel the idea that the third Monday of January is particularly difficult, as its listening volunteers are consistently busy every day of the year, responding to a call for help every 10 seconds.

Instead, Samaritans are turning the day on its head and into something meaningful by running 'Brew Monday', which encourages friends and family to stay connected by having a cuppa and a catch-up.

On 16 January, Samaritans volunteers will be at Greater Anglia's Colchester station between 6am-8am and Harlow Town station between 7am-9.30am, handing out teabags and chatting to passengers about the power of connecting over a cup of tea.

Matt Wakefield, Greater Anglia's Head of Safety, Security and Sustainability, said: "We're really proud to be supporting Samaritans' Brew Monday campaign again this year and spreading this important message

to our passengers and staff.

“Samaritans has worked in partnership with the wider rail industry since 2010 encouraging the public and our staff to recognise the power of human connection and start a conversation which could save a life.”

Shona Gibbs, Acting Head of Rail at Samaritans, said: “We’re so grateful to the rail industry for their support of Brew Monday again this year. At Samaritans we know there is no such thing as Blue Monday and people can feel low at any point of the week or year.

“We want everyone to know that you are never alone and encouraging them to check in with people they care about for a cuppa and a chat as talking can save lives. Our volunteers are available around the clock to listen to anyone who needs support this Brew Monday and every other day of the year, 24/7.”

The Brew Monday support comes as part of the rail industry’s suicide prevention programme and partnership with Network Rail. Samaritans has worked in partnership with the rail industry and the British Transport Police to reduce suicides on the railway for over 10 years, having trained over 26,000 rail and BTP staff to look out for passengers and make conversation if they feel someone might be vulnerable.

A total of 731 Greater Anglia staff have completed the Samaritans’ training since 2012, while the company’s staff also made 52 interventions, approaching people who needed emotional support, in 2022.

Anyone can contact Samaritans, free, any time from any phone on 116 123, or email jo@samaritans.org or visit www.samaritans.org

Photo credit: *Chris O'Donovan Photography/Samaritans*