

New artwork for Glasgow Central

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A stunning new mural has been unveiled in Glasgow Central station to raise awareness of mental health support services across Scotland.

Network Rail has joined forces with the Samaritans and Breathing Space to commission local contemporary street artist Sam Bates, aka 'Smug', to design and spray paint the major new work on a prominent platform inside Scotland's busiest station.

Measuring over 10 metres in length, the mural depicts a hand reaching out across a divide where a second group of hands reaches back, symbolising that 'helping hands' of support are available for those in need.

Painted over four nights, the image is a striking new visual experience for passengers using platform 8, with detail and use of colour that delivers an eye-catching message on Scotland's Railway.

Drew Burns, Network Rail station manager, said: "Having the opportunity to build upon our strong partnership with the Samaritans and Breathing Space and to work with such a talented artist as Smug is a real honour for Scotland's Railway.

"The mural is stunning, and we hope it will encourage anyone who needs support to contact Samaritans or

Breathing Space and make that important call.

“This has been a challenging year for so many of us and we fully understand that the build up to the festive period can be difficult. We hope people do reach out to the support available.”

Olivia Cayley, Samaritans head of rail programme, said: “We’re really excited to be supporting Network Rail and Smug’s mural at Glasgow Central station. It’s a much-needed symbol of hope that comes at a time when staying connected and looking out for one another is crucial.

“Samaritans has been in partnership with Network Rail for over 10 years, working together to remind the public that suicide is preventable and talking really can save lives – whether that’s a conversation with a friend, a colleague over a virtual chat, or with Samaritans volunteers who are always there to listen without judgement. Anyone who needs us can phone free on **116 123** or email jo@samaritans.org.”

Tony McLaren, Breathing Space national coordinator, said: “Our trained advisors at Breathing Space are here on **0800 83 85 87** to offer compassionate listening and advice to anyone who is struggling.

“The mural is a striking reminder that you are not alone, and that reaching out to friends, family or a national helpline can make all the difference.”

Photo credit: Network Rail

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