



Providing emotional support to the despairing and suicidal

Costa Blanca Samaritans (CBS) offers a completely confidential, free, telephone-based emotional support service for English speakers of any age who may be experiencing emotional problems of any kind or extent, which might be producing feelings of distress or despair or who may be feeling suicidal. It is a legally registered not-for-profit organisation, staffed entirely by volunteers. Currently the phone lines are open from 8pm to midnight on Monday to Friday evenings but the ultimate aim is to offer a 24-hour listening service. In order to do this CBS needs volunteers and these volunteers will be trained to the highest standards and will receive on-going support to enhance their skills in this area.

Make a difference – change someone's life

Samaritans listen in confidence to anyone in any type of emotional distress, without prejudice and without making judgements. They do not offer advice, but encouraging people to talk about their feelings often helps them to explore all the options they have. Samaritans believe that given the time to work through problems or difficulties in confidence, people can often find an inner strength and perspective which allows them find their own way forward. Being a good listener is about caring enough to take time out, and being there for another person.

Listening volunteers support the majority of our service, but there are other volunteering opportunities with CBS. Volunteers also provide publicity and fundraising for the branches and ensure that administrative and maintenance tasks are carried out to further support the work. So if you would like to find out more about becoming a listening or support volunteer please contact CBS at: joinus@costablancasamaritans.com

Executive Committee opportunities

From time to time CBS will recruit for new members of their Executive Committee. If you think that you might have the skills or experience to help please contact the Secretary at: eve002@costablancasamaritans.com Enquiries will be welcomed from people who have any skills/experience in the following areas: Finance & Planning; Business development; Management/Administration; Project management; Communications & Information Technology; Fundraising/Income generation; Legal or Accountancy; Training; Human Resources; Mental Health (especially re suicide or suicide prevention); Volunteering; Sales/Marketing/Media contact/PR; Campaigning & Influencing; and Board or Committee work.

If you are experiencing any sort of emotional problem, or are concerned about the situation of someone you care for the number to call is

902 88 35 35

**Monday to Friday
8pm to midnight**

costa blanca *samaritans*
"You talk, we listen"

Costa Blanca Samaritans is registered with the Generalitat Valenciana as a 100% not-for-profit organisation under CV-01-042952-A and with NIF G54341466.

www.costablancasamaritans.com