

SAMARITANS

WORTHING

SAMARITANS INFORMATION SHEET

St Lawrence Surgery

Your doctor or nurse has suggested to you that it may be helpful to spend some time talking with Samaritans and you will have an appointment to see us at the Surgery. We provide confidential emotional support to people who are experiencing feelings of distress, despair or suicidal thoughts. You can talk to us in your own way and off the record about whatever's getting to you. The surgery will not have told us anything beforehand about your situation.

What to Expect

On arrival for your appointment please **check in at the reception desk** and they will advise you where to wait. One of the Samaritans volunteers will come to find you at the time of your appointment.

We will use one of the vacant doctor's rooms to see you. Two Samaritans will always be present throughout, although usually only one will lead the conversation.

This is an opportunity for you to talk about what is troubling you and to be listened to. Samaritans do not give advice but we may signpost you to another organisation if we feel they could offer specific help. Your appointment is for half an hour but if you would like to talk to Samaritans again you can call in to see us at our branch in Worthing or ring us (Samaritans contact details are below) Sometimes we may offer to telephone you. You are also welcome to book another appointment through the surgery.

Need to cancel or change the appointment

We do appreciate things can change so if you are unable to make your appointment please do ring the **Surgery** 01903 222900.

Contacting Samaritans

Samaritans are available 24hrs a day on **Freecall** 116 123 (or at local call rate on 01903 205555)

Emailing jo@samaritans.org

Or visit us at the branch 2 Lennox Road Worthing, BN11 1DA

Mon	9am- 9pm
Tues	9am- 3pm and 6.30pm- 9pm
Wed	9am- 9pm
Thurs	9am- 9pm
Fri	3pm- 9pm
Sat	9am- 6.30pm
Sun	9am- 9pm