



**Whatever you're
facing this
holiday season,
Samaritans are
there to listen.**

Call free day or night

116 123

SAMARITANS



Scan me!



**#TALK
SUICIDE**

Can you shine a light on the longest night?

Staffordshire County Council and Samaritans are partnering again to light buildings across Staffordshire green on Saturday 21 December (the longest night), to remind people they are **NEVER** alone, and support is **ALWAYS** available.

How you can get involved

- **16th – 22nd December** - Display the poster in your window, with a green light. Please stay safe and only use the LED candle provided*.
- **21st December** (the longest night) - Post a photo of your light on social media and share a story of how you have been helped, or have helped someone in their time of need. Anyone can contact Samaritans for free at any time, from any phone, on **116 123**.

Please spread the word by tagging Staffordshire County Council and using the hashtag #LightUpTheNight in your posts. Or email your pictures to philip.wade@staffordshire.gov.uk

Please note - The tealight provided contains button batteries which could harm a child or pet if swallowed. Please keep out of reach.

Would you like to gain the skills to save a life?
Scan the QR code to find out more about our free
Suicide Awareness and Prevention training.

