

Volunteering with Samaritans

The reasons people give for wanting to volunteer with Samaritans are many and varied, including, a care and empathy for others, a feeling they have something to offer and wanting to give something back. However, many do not realize the many benefits gained by volunteering with Samaritans. The initial training offered, which is well recognized by Universities and Colleges for its “Learn to Listen” training is a skill for life. There are an enormous amount of ongoing training opportunities available, allowing development throughout the volunteer journey in whatever aspect interests you, whether it is Outreach work, Recruitment, Leadership, Trustee, Training to be a Trainer or work within prisons, to name but a few. Communication skills are enhanced and being able to work as part of a team. The support offered by fellow Samaritans, not just when you are on shift but at any time is what makes volunteering with Samaritans so special. Friendships are made with people of all ages and walks of life and the incredible satisfaction of knowing you are helping people who are experiencing distress and despair.

Further information is available at the following links.

[Volunteer for Samaritans | Support us | Samaritans](#)

www.samaritans.org/dunfermline