

Suicide prevention boost



Elaine Coubrough, a Scotmid store staff member, and Fudge, the Kilmarnock mascot for Samaritans

Scotmid customers and staff have raised £121,000 for suicide prevention charity Samaritans.

This funded 24,200 calls from Scots who may be struggling to cope over the last six months.

Every year, around 700 people take their own lives in Scotland and last year saw the first rise in Scotland's suicide rate for six years.

The charity currently receives around 300,000 calls in Scotland annually and the partnership hopes to raise a further £180,000 to ensure the charity's 19 branches across Scotland can keep their doors open.

John Brodie, Scotmid chief executive, said: "Samaritans provides an incredibly valuable service to local communities.

"Every donation large or small has the potential to make a big difference in ensuring Samaritans can be there when it matters."

James Jopling, Samaritans' executive director in Scotland said: "Samaritans is there for anyone struggling to cope, no

matter the day or time.”

For more information or help :

- [Mind](#), open Monday to Friday, 9am-6pm on **0300 123 3393**
- [Samaritans](#) offers a listening service which is open 24 hours a day, on **116 123** (UK and ROI – this number is FREE to call and will not appear on your phone bill.)
- [Get Connected](#) is a free advice service for people under 25. Call **0808 808 4994**