

Struggling during the holidays?

**There is always
someone to talk to.**

116 123

Call free day or night

SAMARITANS



Scan me!

Shine a light on the longest night

Staffordshire County Council and Samaritans are joining forces to light Staffordshire green on the year's longest night - Sunday 21 December.

We are doing this to remind everyone that, even when things appear darkest, **there is always someone to talk to.**

Get involved

Monday 15 December - Sunday 21 December

Display the poster in your window with a green light, using the LED candle provided.

Sunday 21 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.

Spread the word by tagging Staffordshire County Council and using the hashtag **#LightUpTheNight** in your posts. Or, email your pictures to stuart.moyes@staffordshire.gov.uk.

Want to gain the skills to save a life?

Scan the QR code to find out more about our free Suicide Awareness and Prevention training.



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