

SAMARITANS STATISTICS RELATING TO YOUNG CALLERS UNDER 19 YEARS OLD

JANUARY TO SEPTEMBER 2015

- 1. The statistics below relate to calls made to the Bedford branch (which covers North and Central Bedfordshire) but if a neighbouring branch is busy their calls are diverted to Bedford and vice versa. Therefore not all the statistics necessarily relates to Bedfordshire based young people. However the figures do represent the current average picture for each Samaritan branch in this area.**

- 2. The statistics are based on what is disclosed by the caller - many choose to remain anonymous, some may not give their exact age or where they live. Volunteers only record basic data as the focus is on the callers emotional state not on having to get any specific information.**
 - A total of 630 calls from young people under 19 years of age have been received so far this year at Bedford Samaritans
 - The youngest callers were 11 years old, with a large percentage of callers, disclosing their exact age, being around the 14 -16 age range
 - 23% made contact by telephone to the Samaritans 24/7 service
 - 34% made contact by email – answered 24/7
 - 43% made contact by SMS or other messaging systems – answered 24/7
 - 33% of young callers expressed suicidal thoughts, were making specific plans to attempt suicide, or were in the process of attempting suicide when they called Samaritans – this is a higher figure than the usual adult percentage of around 20%
 - Many of the callers were already involved with their GPs, the police, CAMHS, had support workers or were seeing counsellors, or phycologists but were calling Samaritans when they were in an emotional crisis or suicidal
 - Issues presented were often complex with no overriding problem that was causing the young person distress, however mental health issues were a factor in a large percentage of calls followed closely by physical, emotional or sexual abuse, and linked into this bullying at home or school/college

Examples of reasons why young people have been contacting Samaritans over the last 9 months:

- ❖ Sexual encounters including being pregnant
- ❖ Being alone or unhappy with home life
- ❖ Sexuality or gender issues
- ❖ Mental health issues, some diagnosed others suspected
- ❖ Self-harming features in many calls
- ❖ Bereavement particularly of close family members, including suicides of family members or a close friend
- ❖ Worried about another person – family or friend

- ❖ Pressure at school/exams
- ❖ Appearance/self-image
- ❖ Parents/ siblings mental health issues
- ❖ Parents/siblings drug/alcohol issues
- ❖ Anger/frustration
- ❖ Eating disorders
- ❖ Physical health worries
- ❖ Family split up/Divorce/Separation
- ❖ Being taken into care
- ❖ Relationships