

SAMARITANS
Ireland



There's always time for a cuppa and a catch-up

Raise funds for Samaritans

Hold a Brew Monday get-together anytime and enjoy a cuppa and a catch-up with friends, family or colleagues.

Right now is the perfect time to connect with those around you. It doesn't matter if it's Monday morning or Saturday night, or if you're drinking green tea, black coffee or orange juice.

By raising funds for Samaritans, you'll help make sure there's always someone there for anyone who's going through a tough time.



Having a Brew Monday is simple



Join us for Brew Monday

Brew Monday is a lovely way to check in with the people you care about – and share a biscuit or two. This year we're inviting everyone to have a Brew Monday and to catch up over a cuppa.



Getting people to come

Don't be shy. People like to be invited to something nice. Share a message via email, text, online chat or invite over the phone. Send a calendar invite and share the digital posters. Send a reminder email and host it in person or on an online channel you'd usually use for work meetings anyway.

Raising money for Samaritans

Let people know your Brew Monday is helping Samaritans. You might be surprised at how many people have some experience of mental health difficulties, directly or through a friend or family member.

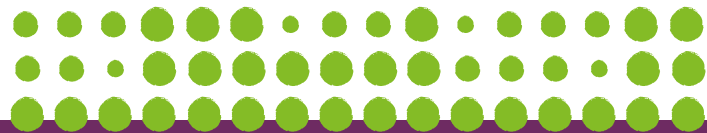
Giving made simple

You can set up a iDonate page so your fellow Brewers can donate easily online.



Ideas for raising money

- People can donate whatever feels right to them. They can bring their own cuppa and cake, but donate what it'd usually cost them.
- Let people know that €10 is all it takes to cover the costs of Samaritans answering a call for help.
- Play a game like 'how many tea leaves in a teabag?', have a cuppa-themed quiz or use your get together as an opportunity to find out how everyone's doing at the moment. You can find more activity inspiration in our Brew Monday [downloadable resources](#).
- If you're all together get a group photo or a screen-grab from a video call to share on social media with #BrewMonday.



Paying in the money you've raised



- The quickest and easiest way is online at: samaritans.ie/donate
- Send a cheque made payable to **Samaritans Ireland** to: **Samaritans Ireland, 4-5 Usher's Court, Usher's Quay, Dublin 8, D08 Y223**
- Remember to include a note with your details so we can say thank you.
- To make a donation over the phone, you can call our Supporter Care team on **01 671 0071**.

Thank you for wanting to help Samaritans

We're here for people in emotional crisis, and for people who are just finding life really tough and need to talk to someone who can help them work through it.

Behind us being able to answer each call for help, is a thoughtful person like you.



€10 could help us answer a call for help from someone struggling to cope.

€156 could help recruit and train a new listening volunteer.



“Sometimes, having that first conversation is the most difficult.”

“Back in 2020, I suffered a bit of a breakdown. Years of ignoring what was going on with myself –

trying to be strong and the ‘man of the house’. It all came to a head.

During that time, I’d reached out to Samaritans. Sometimes I was thinking I didn’t want to burden my family. It was really hard. I’ve had a few calls with Samaritans. The people on the other end of the phone were absolutely brilliant, they didn’t judge me and really listened to me. Just having the peace of mind that there’s someone who was willing to listen was a big thing for me – having that person to talk to was something I needed.”

Nick

Thank you!



You're brilliant for having a Brew Monday.

Need some help from the Brew Crew?

Email us at

fundraisingireland@samaritans.org



SAMARITANS

If you or someone you know is struggling to cope, it's free to contact Samaritans.

Call free day or night on

116 123

Visit samaritans.ie

Email jo@samaritans.ie