Samaritans Brew Monday 2024 Outreach Event

13:00 - 14:00 | 15/01/2024 | Santander Cafe, 13-15 Charing Cross, St Helier JE2 3RP

So-called ‘Blue Monday’ may be fast approaching but Jersey Samaritans believes that there’s no such thing as the saddest day of the year.

Book here

The suicide prevention charity is keen to dispel the idea that the third Monday of January is particularly difficult, as its listening volunteers are consistently busy every day of the year, responding to a call for help every 10 seconds.

Instead, Jersey Samaritans is turning the day on its head and into something meaningful by running ‘Brew Monday’, which encourages friends and family to stay connected by having a cuppa and a catch-up.

On Brew Monday (or any other day), Samaritans is reminding

everyone to check in on friends, family and colleagues. Its doesn’t even need to be a Monday or a cup of tea, it’s about connecting and really listening to each other. You can catch up virtually, in person or over the phone. If you're sharing a cuppa and listening, then you’re doing it right!

Jersey Samaritans will be providing local businesses with Brew Monday information, including listening tips, the importance of reaching out and a ‘Learn to Listen’ PowerPoint presentation which can be circulated after the event.