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**Electra**

Our Community

Could YOU

become a

SAMARITAN?

Do you think you have what it takes to become a SAMARITAN?

Samaritans Levin are seeking applications from people who want to be trained as Helpline telephone volunteers working out of the Levin centre.

Who are SAMARITANS?

Samaritans are ordinary people, no specific prior experience is necessary. Ideally they are non-judgmental, empathetic and good listeners. Volunteers are given expert training and coaching to improve their ability in these areas.

What do SAMARITANS do?

Samaritans provide a 7 days a week, 24-hours a day, telephone helpline service offering emotional support talking with callers to ease their concerns.

This involves encouraging people to think about all choices they have, coping with life challenges including,



but not restricted to, suicidal thoughts, loneliness, bereavement, and relationship issues

How much time is required?

All training is free and is conducted in Levin. Initial training consists of 2 hour long weekly sessions for 6 weeks. After this volunteers are rostered on to man the phones for 2 - 4 hours a week at their chosen

times. Group learning with experts in various relevant topics are held from time to time.

Volunteers receive on going mentoring and support at monthly meetings where training is offered as well as a chance for Samaritans to get together for some fellowship.

To decide if becoming a Samaritan is for you, email us for information, or an application form to complete and send back to:

Levin@samaritans.org.nz

Call ELECTRA first if you experience:

- no power
- flickering lights
- no hot water
- tingling or electric shocks off your taps, appliances or metal benchtops
- damaged Electra equipment located in your community
- someone tampering with Electra equipment



Electra owns and operates the electricity network throughout Kapiti and Horowhenua.

Our owner is the Electra Trust. Electra's Trust ownership ensures that we deliver an annual electricity sales discount to all consumers connected to our network.