

WORK'S MENTAL

Energising Mental Health at Work



James Jopling

Executive Director, Scotland

SAMARITANS

James is the Executive Director for Scotland at Samaritans and has had this role since July 2015.

The charity were contacted over 5.4m times last year from across the UK and Ireland by people in crisis and distress. The service is provided entirely by volunteers. In Scotland there are around 1000 volunteers and two paid staff, in 19 branches from Shetland to Stranraer.

James' role is to lead on work to prevent suicide through national relationships, partnerships and through work at National and Local Government.

He has worked in the sector for the past twenty years for charities such as Oxfam, Cancer Research UK, Shelter and Breast Cancer Now.

Outside of work James takes his son to watch football matches home and away and also enjoys playing netball which he has done for the past 27 years.