

FOR IMMEDIATE RELEASE

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May 15, 2008

**HeartLine Offers New Fast Track Training For Volunteers--
Volunteers Urgently Needed to Staff HeartLine's 24/7 Helpline**

What can you do in four days? At HeartLine, you can attend four days of training and learn skills you can use for a lifetime.

Over 84,000 Central Oklahomans called HeartLine in 2007 seeking emotional support and information and referral to community services. HeartLine, Central Oklahoma's Community Connection, is in great need of volunteers willing to be trained as Call Specialists. HeartLine offers help, hope and information 24 hours a day to callers who daily utilize our 211, suicide crisis and CareLine services.

HeartLine's Call Specialist Training is designed to equip volunteers with the skills they need to handle any type of phone call. Our newly designed fast track training will be held over the course of four Saturdays in June, which will allow volunteers to start answering phone calls in July. Classes will meet June 7th, 14th, 21st and 28th from 9:00 am-5:30 pm.

Call Specialist Training includes valuable skills in self-care and limit setting, in understanding manipulation, and in working with the grieving person and the suicidal person. Volunteering to staff the 24/7 Helpline provides the opportunity to practice the listening and self-care skills while responding to callers' various needs.

An Information Session will be held June 2, 2008 at 6:00 where volunteers can learn more about HeartLine and its training program. Call Specialist Training begins June 7th, 2008. For more information call Tonya Wiley at 840-9396 ext 106, e-mail twiley@heartlineoklahoma.org or visit the organization's web site at www.heartlineoklahoma.org.

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