

FOR IMMEDIATE RELEASE

**CONTACT: Angel Brooks
840-9396 ex 113**

May 19, 2009

Volunteers Urgently Needed to Staff HeartLine's 24/7 Helpline

Over 95,000 Central Oklahomans called HeartLine last year 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 through 2-1-1, two national suicide prevention hotlines 1-800-SUICIDE and 1-800-273-TALK, and the 848-CARE help line.

HeartLine's Call Specialist training is designed to equip volunteers with the skills they need to handle any type of phone call.

HeartLine training also includes valuable skill development for listening, self-care and limit-setting, in understanding manipulation, and in working with the grieving person and the suicidal person. Applied Suicide Intervention Skills Training (ASIST) focuses primarily on how to provide effective crisis intervention. Volunteering to staff the 24/7 Helpline provides the opportunity to practice the listening and self-care skills while responding to callers' various needs.

Call Specialist Training starts June 5, 2009 with classes meeting once a week for a seven-hour session with facilitators who are trained volunteers. Sessions are offered from 9:00 am to 3:30 pm every Saturday in June. For more information, call Angel Brooks at (405) 840-9396 ex 113, e-mail abrooks@heartlineoklahoma.org or visit the organization's web site at

www.heartlineoklahoma.org.

-###-