



## **STATEWIDE VOLUNTEER PROGRAM**

### ***CONTACT: WE CARE, Inc.***

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**A LISTENING EAR IS ALL I ASK!** CONTACT We Care volunteers respond to more than 12,000 calls per year on a variety of issues including abuse, violence, anxiety, depression, economic and family problems, loneliness, physical illness, relationship problems, sexual orientation, substance abuse/addiction, and suicidal thoughts with a compassionate, listening ear.

Part of a nationwide network of crisis hotlines affiliated with CONTACT USA and internationally with Lifeline International, CONTACT We Care is dedicated to preventing suicide and making a positive difference in people's lives. The free and confidential service is critical for underserved and vulnerable residents of New Jersey who have nowhere to turn. It provides an important 24-hour supplementary service for mentally ill individuals already in treatment.

Over the course of its 33-year history, CONTACT has developed its high quality 50-hour volunteer training, which is continually enhanced. This comprehensive program has garnered praise from participating volunteers and mental health experts. It has even inspired some CONTACT volunteers to change careers and become professionals in the field.

CONTACT has responded to the ongoing challenge of recruiting and retaining enough volunteers to "staff" the 24-hour service by holding at least two training sessions a year and incorporating the use of trained volunteers to serve as training facilitators, assistants and mentors. Despite, this challenge, NJ residents can still dial 1 (800) SUICIDE and 1 (800) 273-TALK where there is always a listening ear on the other end.