



Become a
**ContactLifeline
Volunteer**

Learn new skills and become
part of the **ContactLifeline** team.

- ContactLifeline offers an intensive training program in **marketable** telephone counseling and crisis intervention skills.
- Our training program **empowers** you to make a difference in the lives of people dealing with various difficulties
- **ContactLifeline's** training also provides personal growth experiences.

**Training opportunities are
offered throughout the year.**

For more information visit our website:

www.contactlifeline.org

In New Castle County:

ContactLifeline

P.O. Box 9525

Wilmington, DE 19809

Business Office: 302-761-9800

Fax: 302-761-4280

In Kent & Sussex Counties:

ContactLifeline

P.O. Box 61

Milford, DE 19963

Office: 302-422-1154



ContactLifeline

Provides the following services to the
Delaware Community:

24/7 Crisis Helpline Services

24/7 Rape Crisis Services

Rape Aftercare Services

Counseling Support Services

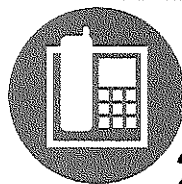
Sexual Assault Network of Delaware
Advocacy Coalition

Crisis Text Line

Text "CLL" to 741741

5:30pm – 11:30pm to reach our listeners
Others available 24/7 at crisistextline.org

TO USE THESE SERVICES CALL:



**1-800-262-9800
24/7 Crisis Helpline
Statewide**

www.contactlifeline.org



United Way of Delaware

A United Way Member Agency



*Talk to
Someone
Who
Cares*

How can I help you?

*"We're fighting all
the time and the
kids hear us..."*

*"They're laying off
people at work..."*

*"We were married 60 years
and now he's gone..."*

ContactLifeline

LISTENS

To You...

Life Can Be Difficult

Some situations can be overwhelming:

job stress ♦ separation/divorce
alcohol/drug abuse ♦ raising children
death of a loved one ♦ sexual assault
violence and abuse ♦ uncertainty

Job Stress

***"The company is changing
and I'm afraid I'll lose my job."***

Downsizing ♦ Layoffs ♦ Mergers

Family & Relationship Problems

"I'm worried we may break up."

"My boyfriend scares me."

"I was assaulted."

Difficult relationships ♦ child raising
aging parents ♦ money problems

Loneliness

"It's just me and my dog now."

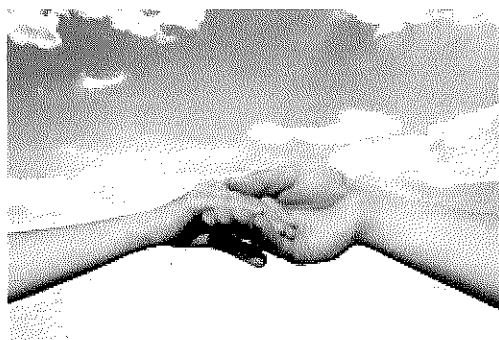
Sometimes I'm so alone,

I just want to end it all."

Losing loved ones ♦ feeling alone
♦ aging/declining health ♦



*Talking
with someone
who cares
can help.*



ContactLifeline has 24-hour
crisis helpline services and is
always available to listen.

Professionally trained
volunteers respond
confidentially
and
anonymously,
day or night, offering:

- Telephone counseling
- Crisis intervention
- Information and referral
- Suicide prevention
- Multiple language capability



As a service to the community,
ContactLifeline offers a variety of
presentations on topics including:
suicide prevention, mental health
issues, sexual assault awareness
and communication skills.

ContactLifeline
All services are

♦ Caring ♦ Confidential ♦
♦ FREE ♦ RESPECTFUL ♦

Crisis Support ♦
AVAILABLE TO ANYONE ♦