



FOR IMMEDIATE RELEASE

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SLO HOTLINE SEEKS VOLUNTEERS TO ANSWER MENTAL HEALTH CRISIS LINE

San Luis Obispo, CA – SLO Hotline is looking for volunteers to answer a mental health support, crisis and suicide prevention line that is staffed 24 hours a day, seven days a week. The next volunteer training is scheduled to start in late January.

Volunteer Resource and Support Specialists are trained to staff the County's only 24-hour mental health support, information, crisis and suicide prevention line.

Volunteers make a difference in the lives of youth, seniors, and families by helping them locate resources and support services. They learn the skills required to appropriately assist and refer callers to community agencies and aid in defusing crisis situations.

"SLO Hotline is a valuable resource in the community, supporting the work of local government and mental health service agencies and relieving call volume for the local 911 service," said Mike Bossenberry, Program Coordinator. Last year, over 8,000 calls were made to SLO Hotline by people in crisis or in need of support.

Upon completion of a series of 8 training classes and additional mentoring, phone line volunteers are expected to make a minimum commitment of 16 hours per month for one year. Volunteer time will be spent in an office setting utilizing phone, computer, and office skills. Volunteers answer phone calls on scheduled shifts, and staff supervision is provided the first three months of service.

"SLO Hotline Volunteers form the core of this service," said Bossenberry. "Ranging in age from 18 to 80, they bring a diversity of experience and skills, and share a common interest in helping others."

SLO Hotline is an accredited crisis center, as evaluated by the American Association of Suicidology, which establishes and monitors the criteria for crisis lines in the U.S. SLO Hotline is a program of Transitions-Mental Health Association, a community-based nonprofit.

For more information, contact Mike Bossenberry at mbossenberry@t-mha.org or 805-540-6541.

ABOUT TMHA

Transitions-Mental Health Association is a nonprofit organization dedicated to eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community and family support services. TMHA operates 30 programs at over 35 locations that reach over 2,000 people and 1,500 families in San Luis Obispo and Santa Barbara counties. The emphasis of TMHA's many services is to teach vital independent living skills, and build a framework for community re-entry through personal empowerment and hands on experience. For over 30 years, TMHA has been dedicated to providing housing, employment, case management and life-skills support to teens and adults with mental illness; and support, resources and education for their loved ones. For more information, visit www.T-MHA.org.

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