

JOIN OUR VOLUNTEER TEAM

Our specially trained volunteer team is made up of men and women 18 and older who are empathetic, caring, and non-judgmental individuals who share the desire to make a significant and meaningful contribution to our callers, support group participants and community members.

They understand the value of emotional support and feeling connected to one's community. These connections help prevent crisis and improve quality of life!

BENEFITS TO THE VOLUNTEER

- Extensive training in active listening, crisis management and suicide risk
- Opportunities to participate in skill development workshops / seminars
- Detailed letter of reference upon completion of (200 hour) contract
- The opportunity to work directly with individuals in need
- The opportunity to transition into other volunteer positions within Distress Centre services
- The opportunity to change *your* life by supporting others through difficult and challenging experiences

To learn more about our exciting volunteer opportunities and / or to apply online for an upcoming training session, visit

www.distresscentredurham.com

FUNDING

Distress Centre Durham is a not for profit charitable organization funded by:



United Way
of
Durham Region



Churches
Service Clubs
Community Groups / Individuals
and our own fundraising efforts!

DISTRESS CENTRE DURHAM
RESOURCE CENTRE
& ADMIN OFFICE

306 Brock St. N.
Whitby, ON L1N 4H7

Phone: 905-430-3511

Fax: 905-430-1381

E-mail:

dcd@distresscentredurham.com

24 Hr Helplines:
(905) 430-2522 1 800 452-0688

To donate, visit: www.canadahelps.org
keyword - Distress Centre Durham

A Registered Charity #10807 9807 RR0001

**DISTRESS
CENTRE
DURHAM**

"helping those in distress to cope..."



24 HOUR HELPLINES

LOCAL: **(905) 430 - 2522**

DURHAM REGION: **1 800 452 - 0688**

www.distresscentredurham.com

United Way Funded Agency




STATEMENT OF PURPOSE

Distress Centre Durham helps those in distress to cope, by providing emotional support, crisis / suicide management and community education.

24 HR TELEPHONE HELPLINES

Talking about any issue, feeling or problem that impacts on your sense of well-being makes it easier to deal with . . .

Our Callers discuss issues and feelings related to:

- ✦ all varieties of relationships
- ✦ mental health
- ✦ loneliness / isolation
- ✦ pain / fear
- ✦ hopelessness / despair
- ✦ addictions
- ✦ sexuality / gender identity
- ✦ LGBTQ issues 
- ✦ abuse / violence
- ✦ suicide / survivor issues

If you would like to *receive* regularly scheduled emotional support calls as part of our **Call - Out Program**, please contact (905) 430 - 3511 and speak to the Call-Out Program Manager.

SUPPORT SERVICES

CRISIS CALL - OUT PROGRAM

- ✦ Scheduled telephone support for callers who are experiencing a personal crisis
- ✦ Helpline volunteers contact callers to provide short - term follow up support and resource information where requested

COMMUNITY CONTACT CALL- OUT PROGRAM

- ✦ To provide on-going emotional support to callers who have limited supports and / or resources
- ✦ Callers receive on-going emotional support calls from specially trained helpline volunteers as a bridge between other community supports, prevent crisis and to build and maintain a connection to the community

RESOURCE CENTRE

- ✦ Support / Information / Resource Material for: Suicide / Homicide Loss and Mental Health

SUICIDE / HOMICIDE SURVIVOR SUPPORT GROUPS

- ✦ 8 week closed support group for those who have lost someone to suicide
- ✦ 10 week closed support group for those who have lost someone to homicide

ADOLESCENT SUICIDE AWARENESS

- ✦ Interactive Suicide Awareness workshops identifying symptoms, stressors and supports for youth

COMMUNITY EDUCATION / TRAINING

- ✦ Workshops on Suicide Risk / Traumatic Grief etc.

SERVICE DELIVERY VOLUNTEERS

Distress Centre Durham volunteers 18+ provide emotional support by:

- ✦ **Listening** without judgement
- ✦ **Encouraging** recognition of personal strengths and coping skills
- ✦ **Providing** a safe, confidential, and non threatening environment
- ✦ **Working** together to develop a support network
- ✦ **Validating** feelings with respect and sensitivity
- ✦ **Providing** community resource and referral information when requested
- ✦ **Assisting** individuals with managing crisis and exploring options
- ✦ **Assessing** suicidal risk
- ✦ **Intervening** in emergency situations

Apply today at distresscentredurham.com

**LISTENING TO SOMEONE'S LIFE,
CAN CHANGE YOUR LIFE!**

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