



LIFELINE
PHONE
CRISIS
— SUPPORT PROGRAMME —

Lifeline Mid Coast is seeking good listeners to become Telephone Crisis Supporters next year - people interested in enhancing their own self awareness, personal and professional growth through their genuine care for people to become the best communicator they can be.

Lifeline Mid Coast provides care and support to callers in their time of personal crisis. Our volunteers are people with a strong sense of self awareness and the ability to express empathy and respect for others without judgment.

We speak to Di Bannister, head trainer and

as a counsellor, university study for three years in psychology, training and assessing education, experience as a TAFE educator, as well as other various educational opportunities have certainly shaped me as a person, Lifeline has helped me pull all that together. I use all those various skills within the Lifeline practice model to support people at their most vulnerable times. It makes me feel as if I am contributing to my community in a meaningful, healthy way.

Over the past 25 years,

Lifeline Mid Coast's reputation has been built on Lifeline's high standards of training and services to our community. Lifeline's Crisis Supporter training is underpinned by research provided by

the Lifeline Foundation and by Lifeline's Registered Training Organisation (RTO) status.

Lifeline's Crisis Supporters are recognised as trained to the world's best standards with training focused on crisis support, suicide intervention and pathways to help seeking.

We speak to Barry Braund, a newly trained Telephone Crisis Support volunteer with Lifeline Mid Coast.

I had admired Lifeline from afar for a long while, as a trusted brand that genuinely cared for people. The opportunity for volunteering came up through retirement from Essential Energy and matched with my interest in

working with people, coming from a human resources background. I was looking for a purpose in life. I was interested in helping my community and people, as well as meeting likeminded people. The training exceeded my expectations, and I have experienced great personal development since completing it and getting on the phones. I have gained more than I could ever have thought.

Training to become a volunteer Telephone Crisis Supporter

is both challenging and rewarding and carries with it many benefits, which include obtaining a nationally recognised qualification and providing an essential service for the community. Volunteers are well prepared to go on the phones and well supported during and following each shift.

Volunteer Telephone Crisis

Supporters report that their involvement with Lifeline Mid Coast has opened up new opportunities in their lives with future career development and prospects. Make friends with likeminded people and become part of the Lifeline family.

"Every minute you give helps us save lives." Lifeline Mid coast commences training February 2016. Interested people should contact Maria 6581 2800 or email admin@lifelinemidcoast.org.au

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