



Webefriend the despairing and suicidal

FOUR STAGE VOLUNTEER JOURNEY

STAGE 01

Developing an Interest in Volunteering with Us?

Here are some of the reasons why persons volunteer with Lifeline:

- ♥ **Lived Experience**
 - Personal journey with mental health challenges
- ♥ **Affected by Suicide Loss**
 - A loved one or personal encounter with suicidal ideation
- 📊 **Concerned About Suicide Rates**
 - Want to help change the statistics
- ⚡ **Inspired to Help**
 - Motivated by someone to take action in mental health
- 🎓 **Career Growth**
 - Interest in psychology, social work, or related fields
- 👥 **Building Connections**
 - Expanding networks with like-minded individuals

STAGE 02

Submit your Request to Volunteer!



Email us at
ttlifeline@gmail.com

OR



Sign up Online
lifelinett.com/becoming-a-volunteer/

STAGE 03

Getting Feedback from Lifeline



A Lifeline TT representative will reach out to schedule an online interview. During this session, you'll:

- ✓ Learn more about Lifeline TT and our mission
- ✓ Explore the Principles and Practices of Lifeline
- ✓ Discuss possible placement within the organization
- ✓ Learn about our Confidentiality Promise

We look forward to welcoming you to the team! ♥



800-5588/866-5433
Secure. Anonymous. Toll Free.

For more information, please visit our website: www.lifelinett.com

FOUR STAGE VOLUNTEER JOURNEY

STAGE 04

Where and how can I volunteer?

FRIENDS TRACK

- ✓ Attend weekly orientation meetings
- ✓ Join and actively participate in a Committee
- ✓ Maintain strict confidentiality
- ✓ Volunteers (Friends) do not interact with callers
- ✓ 4-week Commitment

Available Committees:

- ✓ The Media Committee
- ✓ The Fundraising Committee
- ✓ The Student Outreach Programme (STOP)
- ✓ Events Committee.

At the end of the 4-week period, **Friends** can either continue in their Committee or request to be considered for the **Listener Track**.

LISTENER TRACK

The Listener Track can transition volunteers into Helpers, Listeners, Companions and Coordinators

Requirements:

- ✓ Complete the Volunteer (Friends) Track
- ✓ Pass a 10-question preliminary interview
- ✓ Attend all mandatory Preparation Class meetings
- ✓ Three-month commitment
- ✓ Commit to strict confidentiality, anonymity and timeliness

Progression: Volunteers are considered fully prepared at the end of the Listener Preparation Classes once all requirements are met.



Volunteer Performance Expectations

A Successful Volunteer...

- Joins and participates in Committee Projects
- Regularly attends weekly committee meetings and commits to meeting project deliverables
- Eagerly collaborates with stakeholders on behalf of the organisation
- Adheres to the Policies and Practices of the organisation
- Maintains confidentiality at all times

An Unsuccessful Volunteer...

- Unable to deliver on agreed upon commitments to assigned Committee
- Lack of attendance online or in-person
- In the **Friends Track** cannot commit to at least 3-5 hours of volunteering service per week
- In the **Listeners Track** cannot commit to at least 4-6 hours of volunteering service per week