

LIFELINE ADDS EASTERN SUBURBS SITE TO NATIONAL CRISIS SUPPORT NETWORK

Sunday, 24th April 2022

Lifeline will open the newest addition to its national crisis support network this July, with a new Bondi Junction site. The new location will host teams of six Crisis Supporters as well as In-Shift Supervisors to provide psychological support to volunteers and other key staff.

General Manager – Services, Susan King said the Lifeline Eastern Suburbs - Bondi centre will take calls from people in distress from all over Australia and enable Lifeline to answer more calls from people reaching out for help in their darkest moments.

“Lifeline Eastern Suburbs - Bondi is all about building a community of trained Crisis Supporters from the area that protects and promotes mental health all across the country,” said Ms King.

“We are looking to recruit up to 30 volunteers to join us, so if you can commit to a minimum of four hours a week to help others through their toughest moments, we’d love to welcome you.”

The idea to open a crisis support centre in the Eastern Suburbs was formed by Daisy Turnbull who has been a Crisis Support volunteer for three years and recognised interest in the local community for deeper understanding and help for those in need of support.

“Issues around mental health have been known for quite some time, but COVID-19 amplified the need for Australians to understand and help each other, to listen empathetically and learn how to speak about mental health the way we would about a broken leg or a case of head lice,” said Ms Turnbull.

“Lifeline plays such an important role in suicide prevention in Australia, so it was a no brainer to get behind the organisation and support the infrastructure and training. We look forward to working together with Lifeline Eastern Suburbs - Bondi for many years to come.”

Training for the first cohort begins on Wednesday May 18th and will run weekly from 9.15am - 2.45pm. Applications close Thursday 28th April. To find out more about volunteering for the Bondi-based site or to register your interest, visit <https://lifelinedirect.org.au/bondi/get-involved/volunteer-bondi>.

If you, or someone you know are feeling overwhelmed, we encourage you to connect with Lifeline in the way you feel most comfortable.

You can phone Lifeline to speak to a Crisis Supporter on [13 11 14](tel:131114) (24 hours/7 days), text 0477 131 114 (24 hours a day, 7 days a week) or chat to Lifeline online at www.lifeline.org.au (7pm – midnight, 7 nights).

Lifeline is Australia’s leading suicide prevention service, with 41 centres around the nation. The service expects to respond to over one million requests for support this year, creating an average of 120 safety plans to keep a person experiencing suicidal ideation safe every day.

For further information or comment, contact media@lifeline.org.au or 0408 407 376.