



FOR IMMEDIATE RELEASE

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CONTACT NEEDS SUICIDE PREVENTION FACILITATORS

Oklahoma County has a suicide rate 12% greater than the national average. CONTACT Crisis Helpline's Suicide Awareness & Prevention program is seeking volunteers interested in helping to reduce the number of suicides in Oklahoma by serving as facilitators for the *Choices* program. Facilitators are trained to present a 55-minute video-based program to schools and other community organizations that teaches the signals of suicide and how to get help. Training includes four, three-hour weekly sessions starting November 6th.

Many people, especially teenagers and the elderly, feel there is "no way out" in dealing with the problems in their lives. Oklahoma ranks ninth in the nation in suicide with a high percentage of those being youth ages 15-24. Getting the message out on how to recognize the warning signs can help people discover they do have choices and there are alternatives to ending their lives. This volunteer experience can be lifesaving. For more information visit contactcrisishelpline or contact Debbie Rector Johnson at 840-9396 x 113 or drectorjohnson@coxinet.net.