



Embrace Life Line Lebanon's First National Suicide Prevention Helpline

Background

In response to the growing concern of suicide in Lebanon, with **one person dying of suicide every 2.5 days and one suicide attempt every 6 hours**, Embrace has set out to develop the first National Suicide Prevention Helpline in the region.

Suicide prevention helplines have been implemented globally with tremendous success i.e. helping to decrease suicidality among their callers. Much like these helplines, Embrace's life line is a specialized telephone service that provides services such as suicide risk assessment, collaborative intervention in life threatening suicidal emergencies, and referrals to community resources and treatment programs.

Helpline Operators

The helpline would not be possible without the help of our dedicated **volunteer helpline operators**. Helpline operators work hard at **answering crisis calls, de-escalating crisis situations, and providing the caller with emotional support**.

All operators are required to attend the full 4-day intensive '**Suicide Risk Assessment and Crisis Intervention**' training. This training helps enhance the operators' knowledge and skills in active listening, suicide risk assessment, and crisis intervention.

Becoming a Helpline Operator

Embrace welcomes applications from various educational backgrounds, however, preference will be given to those with a background and experience in mental health. All applicants will be screened for eligibility criteria with those selected being asked to attend the training after which final selection of the volunteers will take place.

Please note that helpline operators will be asked to commit to serving as a volunteer helpline operator for **a minimum of one year** with each volunteer covering **two 3.5 hour shifts per week**. In its first year of operation, Embrace Life Line will operate from **12 noon till 2 am**.

Details of the training (i.e. date, time, location, etc.) will be given to those who have been selected.

How to apply: Please email a copy of your CV and a letter of motivation to sanaamugharbil@gmail.com while copying miaatoui@gmail.com.

Applicants must be above the age of 21.