



HELPLINE

Call us, we are here to listen. At Call2Talk we are here every day of the year. We receive thousands of calls annually from people in need of emotional support. Calls are free and confidential. Some of our callers feel overwhelmed, sad or lonely. Sometimes callers feel confused, ashamed or hopeless. If you are in emotional pain or know someone who is, please call us. We are here to listen.

VOLUNTEERING

Just by picking up the phone, Call2Talk volunteers make a difference in the lives of our callers everyday. Our call takers are empathetic and compassionate people who simply listen to those that need a friendly ear and a caring voice. Training is free and there is ample support through the process of becoming a call taker. Our call takers are the core of our existence. We take pride in our volunteer community and welcome you to our team.

Learn more: uwotc.org/C2Tvolunteer

WHAT IS CALL2TALK?

Providing service since December 2013, Call2Talk is a direct service of the United of Way of Tri-County. When calling Call2Talk, those who are struggling with mental health concerns have a safe place to call and will be encouraged to discuss their current experience. Some callers even talk openly about their thoughts of suicide and are in search of options. By sharing their personal stories of tragedy, recovery, despair and grief, callers feel relief, comfort and hope. Calling Call2Talk is the first step toward getting the help and emotional support our callers so desperately need.



TELECHECK

TeleCheck is a telephone check-in service for elder adults living at home. A trained Call2Talk calltaker will call a senior at home 1-2 times per week and provide support and friendly conversation at a convenient time.

For Telecheck Referral: 508-573-7250

DONATE

There are two ways to donate to Call2Talk!

Text: C2T to the number: 41444

or visit our website: uwotc.org/C2Tdonate



COALITION FOR SUICIDE PREVENTION



Recent statistics state that close to 42,000 people in the United States die by suicide each year. Close to 600 of them are from Massachusetts. Thousands more made attempts to end

their lives or engaged in self-harming behavior resulting in hospitalizations and emergency room visits.

The MetroWest Regional Coalition for Suicide Prevention serves as an adjunct to the statewide Massachusetts Coalition for Suicide Prevention. Our mission is to support and enhance the MCSP and to help promote the State Strategic Plan. The MetroWest Regional Suicide Prevention Coalition works to support and actively engage with local programs and services and to promote awareness and reduce the incidence of suicide in our region.

WORRIED ABOUT SOMEONE?

Listen to them. Don't be afraid to ask them directly what is on their mind and if they are thinking about suicide. Talking about sad things or suicide will not put those ideas into their heads. Actually, most people will feel relief after someone has finally noticed and validated their pain. It is important to remember that most people who think about suicide, do not want to die, they simply want their emotional pain to end. By listening, you may be able to help someone explore safer choices and feel relief.



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www.uwotc.org/Call2Talk
508-532-CALL(2255) or dial 2-1-1



24 hours a day, 7 days a week.

Call2Talk is a confidential mental health and emotional support call line that assists individuals and families through stressful times in their lives, helping the despondent and those who may be suicidal.

508-532-CALL(2255)



Member of Massachusetts
Coalition for Suicide Prevention



A National Suicide Prevention
Lifeline Crisis Center
1-800-273-TALK (8255)