

Hello!

We are happy to hear that you are interested in becoming a Crisis Line Counselor. Before you begin your application, I want to make sure you are aware of the time commitment required.

Trainees are expected to attend ASIST, a two-day suicide first aid workshop. After ASIST Trainees will attend our 6-week Crisis Line training.

Due to the cost investment on our end, we may only permit **one absence** during the 6-week training period.

April-May Training Class Schedule (Subject to Change)

DATE	TIME	CLASS
April 14	8:30 AM - 5 PM	ASIST Workshop
April 15		
April 21	9 AM - 3 PM	6-Week Saturday Training Class
April 28		
May 5		
May 12		
May 19		
May 26		

Additionally, Trainees are expected to complete training activities outside of class that can be done on their own time.

Activity	Approx. Time	Total Hours
ASIST	8 hours x 2 days	16 hours
6-Week Training	7 hours x 6 sessions	42 hours
Listening-In Shifts	4 hours x 2 Shifts	8 hours
Video Recordings	30-60 min x 8 videos	4-8 hours
Phone Buddy	1 hours x 5 sessions	5 hours
Disaster Distress Helpline Training	8 hours	8 hours
Potential Cumulative Time		87+ Hours

Lastly, trainees who pass the training period are expected to commit to a weekly 4-hour shift for 1-year.