

Volunteering at Lines for Life

Lines for Life is dedicated to preventing substance abuse and suicide and promoting mental wellness. Our core services are crisis helplines and community prevention and training programs. We answered over 148,000 calls in 2023, and the support of our community makes this possible.

Our Crisis Line Volunteers answer calls in-person at our Portland-based call center. We do not currently offer remote opportunities for volunteering.

Crisis Line Volunteers come from diverse experiential and educational backgrounds. Each volunteer works with callers to address thoughts of suicide, substance abuse issues, loneliness, and more. Volunteers have a non-judgmental attitude, emotional intelligence, and the ability to make a long-term weekly commitment.

What We Offer

- 40+ hours of professional training and ongoing learning opportunities
- Opportunities to become certified in Mental Health First Aid (MHFA) and Applied Suicide Intervention Skills Training (ASIST)
- Opportunity to gain up to 600 hours of experience toward CADC I Certification, including monthly clinical supervision when available
- Opportunity to gain experience hours toward QMHA Certification
- Skills training and experience in clinical excellence
- A community of compassionate, skilled, and supportive team members

What We Ask For

- A minimum 200-hour commitment on the lines after training
 - Approx. one 4-hour shift each week for one year
- Strong communication
- Open-mindedness and willingness to learn

Requirements

- Age 21 or older
- Live in the Portland Metro Area
- Proficiency with computers & learning new technology
- Complete & pass all onboarding and training requirements

Learn more about volunteering and sign up for updates at linesforlife.org/volunteer

We will contact you with more information and details for our upcoming volunteer orientation sessions.

If you have any further questions about how to get involved, contact us at crisislinevolunteers@linesforlife.org.



