

WHAT IS CONTACT?

CONTACT of Ocean & Monmouth Counties is a non-profit, charitable organization that responds to human needs 24 hours every day, 365 days a year. This volunteer based organization offers free confidential crisis intervention, information on available resources & referral to community services.

CONTACT is simply **"People Helping People."** Our trained volunteers have answered the needs of over 1 million callers since 1975. CONTACT's volunteers respond to calls in a caring, non-judgmental manner. This allows callers the ability to give voice to their concerns and problems, determine their feelings, identify their options, and find strength to resolve their problems. Volunteers also refer callers to other available community services when appropriate.

Each call is kept confidential and each caller is treated with unconditional, positive regard. We do not offer advice or try to solve another person's problems.

Our goal is to provide a safe place for individuals to call and talk about their problems, no matter the context.

BECOME A VOLUNTEER!

Telephone Volunteer Training:



CONTACT offers a unique and valuable, 35+ hour training program designed to teach participants the skills of Active Listening.

Our program emphasizes listening skills while taking time to address the special needs of each caller. Discussions address topics such as loneliness, depression, suicide, grief, marriage and family, sexuality concerns, substance abuse, domestic violence, and more.

**FOR TRAINING INFO:
732-240-6104**

WHAT CAN YOU DO TO MAKE AN IMPACT?

- **Become a volunteer**
 - Our training programs are **FREE!**
- **Make a donation**
 - No matter how large or small, your generous contributions allow us to continue to offer our resources
- **Request someone from our team to be a guest speaker**
 - We would love to speak at your school, program, organization, etc.
- **Attend CONTACT fundraising events**
 - Fun for a great cause! For upcoming events, visit: www.contactoceanmonmouth.org
- **Give a brochure to a friend or loved one**
 - You never know who could need it the most

CONTACT of Ocean & Monmouth Counties is a 501(c) (3) Non-Profit Organization. Donations are tax deductible to the full extent of the law.

ALL SERVICES ARE
FREE & CONFIDENTIAL.

**24 HOUR CRISIS
INTERVENTION & SUICIDE
PREVENTION HOTLINE**

*If you need to talk, we are here
to listen. For a non-judgmental,
concerned & empathetic ear,
call our trained volunteers:*

732-240-6100



FIRST CALL FOR HELP

*Providing Information & Referrals
for Community Services
whenever you need them.*

732-240-6105



P.O. BOX 1121
Toms River, NJ 08754

Office Line:
732-240-6104

Fax Number:
732-914-0148

E-Mail:
Contact@ContactOceanMonmouth.org

Website:
www.contactoceanmonmouth.org

CONNECT WITH US!

 @CONTACTOCEANCOUNTY

 @CONTACTOCEAN

 @CRISIS_OCEAN



**YOU ARE NEVER ALONE...
THERE IS CONTACT**

732-240-6100



- **Crisis Intervention**
- **Suicide Prevention**
- **First Call for Help**
(Referral for Community Services)

WWW.CONTACTOCEANMONMOUTH.ORG