

# Help Line needs your help

by Cheryl Downton

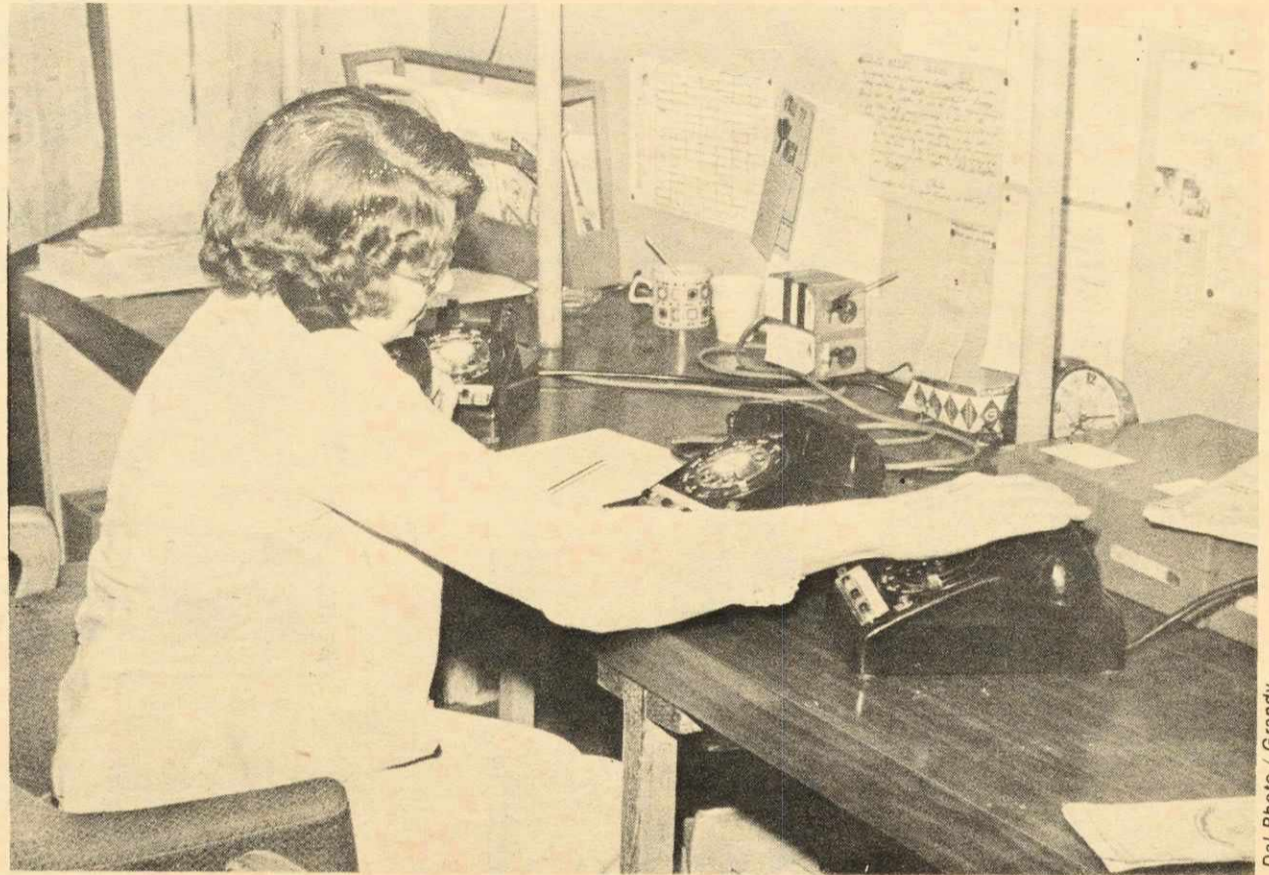
Suicide, alcoholism, unwanted pregnancies, hassles with social services and bureaucratic red tape, loneliness, marital discord and infidelity, communication and conversation; the common denominator is not difficult to pinpoint - they are all problems people encounter in day-to-day existence.

According to analysis of calls received at Help Line during the past several years, these things are continuing, and will continue to cause people to seek help to deal with them: suicide and deliberate thoughts of self-destruction continue to occur at an alarming pace; alcohol **must** be rated as the number one drug addiction problem; unwanted pregnancies are steadily climbing, as the age of the woman involved declines; almost everyday hassles with at least one kind of bureaucracy are the norm rather than the unusual; loneliness will most certainly always be a source of pain as society continues on its present course of impersonal contact; marital strife and all its counterparts continues to confront a large number of couples; communication and conversation will always be a basic need of all individuals.

These are indisputable facts, and their existence in this world can not be ignored. What is needed, therefore, is a practical approach to these problems. A willingness to listen and to be of help is the underlying main force behind Help Line. Care, concern, empathy and a genuine desire to 'help' can go a long way.

Help Line has been an integral part of the Halifax-Dartmouth community for several years. It has served as an input and outlet for those with concerns and those who are concerned. Most would agree that it serves a useful and worthwhile function and that it is, indeed, an honest attempt to deal with human concerns.

Those individuals who work the Line are not created from a set mold. Each worker has his/her own individual technique or style; the overall continuity which bonds the workers together is a real



Dal Photo / Grandy

concern for people. Line workers are young, old, business men, professionals, homemakers, workers, students, unemployed . . . concerned individuals.

In order for Help Line to function as a 24 hour a day, 7 days a week counselling, referral and information centre, people are needed to work one of the four shifts per day i.e. 8 a.m. - 1:30 p.m.; 1:30 p.m. - 7:00 p.m.; 7:00 p.m. - 12:00 p.m.; 12 p.m. - 8 a.m. Each Line worker or

prospective worker must be willing to make a firm commitment of two shifts per month, for a period of one year. Altogether there are 4 shifts per day, 28 per week, 115 per month, 1460 per year. A handful of people, no matter how dedicated, can not handle this responsibility.

To meet this need, the Help Line is holding a training session this September so that more people can become involved with what is perhaps one of the most useful and

rewarding aspects of volunteer work. To work as a Line-worker one must have a REAL interest in people and a genuine desire to "help" one's fellow human beings.

Volunteers are being accepted **now** for the upcoming training session; if you are interested in sharing yourself with others in need, call NOW 422-2048 / 422-6864 (9 a.m. - 4:30 p.m.) and 422-7444 any other time.



## Leon Redbone

Presented by Dalhousie Student Union in co-operation with Dalhousie Cultural Activities.

**Friday, September 16 at 8:30 p.m.**

Rebecca Cohn Auditorium, Dalhousie Arts Centre

Tickets: \$7.00/6.00; stu. & sr. citizens: \$6.00/5.00 on sale starting Tuesday, September 6, at the Arts Centre Box Office.

Information: 424-2298

The Dalhousie Gazette is the weekly publication of the Dalhousie Student Union. The views expressed in the paper are not necessarily those of the Student Union, the editors, or staff. We reserve the right to edit material submitted for space or legal reasons.

The deadline for copy and advertising is the Monday noon preceding publication. No unsigned material will be accepted, but anonymity, if necessary, will be granted. The Dalhousie Gazette, Canada's Oldest College Newspaper, is a founding member of Canadian University Press. Our office is Room 334 of the Student Union Building. Our mailing address is The Dalhousie Gazette, Dalhousie University, Halifax, N.S. B3H 4J2. Telephone 424-2507. The subscription price is \$7 per year (28 issues). ISSN 0011-5819.

Editor Valerie Mansour

Business Manager Anita Lathigee

Circulation Manager Joe Wilson

This issue was brought to you by: Donna Treen, Mark King, Ken Dodd, Cheryl Downton, Tom Clahane, Jeff Round