



PRESS RELEASE For Immediate Release

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DMHSA Continues Cycle of Improvement Volunteers Welcomed for Annual Holiday Crisis Hotline

November 27, 2009, Hagatna - The Department of Mental Health & Substance Abuse (DMHSA) is prepared to activate this year's Holiday Crisis Hotline service for the community and welcomes individuals and organizations who wish to contribute time and resources to support individuals in crisis.

"The holiday season is usually a time of joy and celebration; however for some people it brings overwhelming feelings of stress and loneliness. Community volunteers are invited to offer some of their time during the holiday crisis hotline service period to support individuals who are experiencing emotional difficulties and who may be struggling with life issues. The holiday crisis hotline is available to all and we encourage those who can help to support those during the holidays who call in," said DMHSA Director David L.G. Shimizu.

The DMHSA-led holiday crisis hotline is a public service and a collaborative effort with other government agencies, the private sector, and community volunteers. Individuals who find it extremely difficult to get through the holidays because of feelings of loneliness, despair, helplessness, anger, and resentment can call the hotline number at **647- 8833**. Trained volunteers and a mental health professional will be available to provide immediate crisis intervention and referral services. Information will be available on the referral outlets offering basic necessities such as food, shelter, clothing, etc.

Holiday Crisis Hotline services will run from 6:00 p.m. on December 24th thru 6:00 a.m. December 26th and 6:00 p.m. on December 31st thru 6:00 a.m. on January 2nd.

If you are interested in volunteering, please call Peter J. Cruz at 477-8861 or visit www.peaceguam.org.

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