

INTERESTED IN VOLUNTEERING?

Give back and be part of a dynamic team! Every day our caring and dedicated volunteers pour their hearts and souls into serving our community. They've told us what they value most is the difference they get to make in the lives of others, along with the comprehensive training they receive. We are always looking for compassionate and caring people who enjoy giving back to their community.



To learn more about how to apply as a volunteer, or to donate to Spectra Helpline,

Please contact:

Brampton business line: 289.569.1200
Mississauga business line: 289.569.1300
info@spectrahelpline.org
www.spectrahelpline.org

PROGRAMS

- | 24/7 Helpline (English)
- | Multilingual Helplines
- | Peel Elder Abuse Support Program
- | TeleCheck Seniors Program (55+)
- | Touching Base Program (16+)

LANGUAGES SERVED

English | Cantonese | Mandarin
Portuguese | Spanish | Hindi
Punjabi | Urdu

INTERESTED IN DONATING TO A GREAT CAUSE?

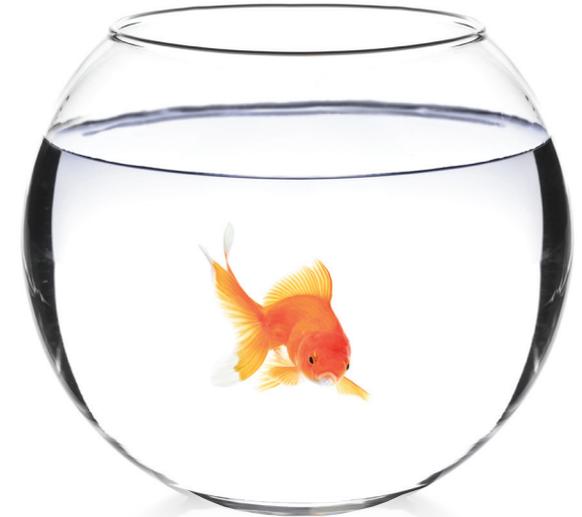
Spectra Helpline eases emotional suffering and saves lives. Every day. With your support we can continue to be there when people need us most.

Tax receipts are issued for donations of \$10 or more.

Special thanks to our funders:



FEELING ALONE?



WE'RE HERE TO LISTEN.

No problem is too big or too small to discuss.



SPECTRA
Helpline *you're never alone*

Brampton & Mississauga: 905.459.7777
Caledon: 1.877.298.5444
TTY: 905.278.4890
Email: info@spectrahelpline.org



Visit our website for details!



www.spectrahelpline.org
Spectra Community Support Services
Charitable Registration # 88928 3248 RR0001

**24/7
HELPLINE
(ENGLISH)**

Spectra Helpline provides confidential crisis and suicide intervention, and emotional support for anyone who needs a caring, compassionate and non-judgemental listening ear. No problem is too big or too small to discuss. Our English Helplines are open 24 hours of the day, 7 days of the week, and 365 days of the year. We're here to listen whenever needed.

**TELECHECK
SENIORS
PROGRAM
(55+)**

Ongoing telephone support for isolated seniors. Our regular calls provide safety check-ins, medication reminders, and/or social calls. We also focus on offering clients a chance to be heard by providing emotional support, companionship and a sense of community. We work together to reduce feelings of isolation and loneliness, provide positive coping skills, offer referrals to community services, and keep people safe.

**MULTI-
LINGUAL
HELPLINES**

Spectra Helpline offers its programs and services, (i.e., crisis and suicide intervention, emotional support, and outbound check-in calls) in 8 languages, including: Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi, and Urdu. Currently multilingual service is available Monday to Friday, 10 AM to 10 PM.

**TOUCHING
BASE
PROGRAM
(16+)**

Whether dealing with a mental health issue, preventing or de-escalating a crisis situation, or relieving loneliness and isolation, Spectra is here to support and listen whenever needed. Touching Base is a transitional support program for individuals 16+. Our program is available for 3-6 months during client crisis or transition, (e.g. hospital to home, between services, etc.). We provide medication reminders, safety checks, and/or emotional support. We work together to reduce feelings of isolation, provide positive coping skills, encourage recovery, and keep people safe.

**PEEL ELDER
ABUSE
SUPPORT
PROGRAM**

The Peel Elder Abuse Support Program provides telephone support and information 24/7 to seniors or anyone in the community experiencing elder abuse, or for anyone who knows someone who is being mistreated. When deemed appropriate, and with client consent, Spectra will connect clients to a Family Services of Peel outreach worker. Together Spectra Helpline and Family Services of Peel are working to promote awareness, discontinue elder abuse, and to keep people safe.



WE'RE HERE TO LISTEN.

No judgement. No attitude. Just someone who cares.

"You have no idea how grateful I am that you call me everyday. It is a privilege to talk to you... it really is. I want to get up and go do something now, even if it's just my dishes. Thank you for motivating me."

TeleCheck Client

"My goodness. That was the first smile I've had in a month. Thank you so much! I really appreciate how you listened to me. I think what you are doing here is wonderful. Well, know that you just saved a life today."

Caller, Suicide Line

"I really do think that Spectra Helpline is a vital source for our community and I am so proud to be a part of this movement. For the first time in a long time I feel aligned with myself and my purpose on earth."

Shennae, Spectra Volunteer