



Changing Lives. Saving Lives.

## PRS Youth Volunteer Opportunities

- Create Care Packages:
  - o Make care packages for our frontline employees including crisis workers and clinical staff! PRS CrisisLink staff and volunteers are handling crisis calls and texts around the clock. Our clinical staff provides behavioral health services through telehealth and in person. Show your support for those working hard to keep our community safe.
  - o **Needed items include:** Coloring books and colored pencils, stress balls, journals, nonperishable snacks, cards with messages of hope or encouragement, etc. Please be sure all items and messages are generic and not specific to a particular holiday or religion.
  - o Create packages by placing items in gift bags or donate individual items.
  
- Create holiday or encouragement cards for PRS clients:
  - o Create cards to celebrate holidays or share words of encouragement. Holiday ideas include winter holidays, New Years, Valentine's Day, July 4<sup>th</sup>, Halloween, etc.).
  - o Cards should not be specific to any religion (Ex: Instead of Merry Christmas, include terms like Happy Holidays).
  
- Collect art supplies for PRS Recovery Academy Day Programs:
  - o Including items such as water-based paints, brushes, markers, colored paper, yarn, magazines, etc.
  
- Organize a Cleaning Supplies Drive to donate to PRS Clients:
  - o Collect (new) items such as Clorox wipes (bleach free), floor cleaner, toilet cleaner, bathroom cleaner, carpet cleaner, dusting, paper towels, etc.
  
- Join our suicide prevention campaign, #CallTextLive, held annually in September: [www.prsinc.org/calltextlive](http://www.prsinc.org/calltextlive).
  
- Support or join our walk with the National Alliance on Mental Illness and/or American Foundation for Suicide Prevention

- Donate an item from our [Amazon Wishlist](https://bit.ly/PRSwishlist) (<https://bit.ly/PRSwishlist>)
- Share our PRS CrisisLink [hotline and textline phone number](#) and business cards with your school, teachers, guidance counselors, friends, family members, youth groups, etc.

**If you're interested in volunteering with PRS, please contact Sami Smyth, Community Engagement & Events Manager at [ssmyth@prsinc.org](mailto:ssmyth@prsinc.org).**

**[www.prsinc.org](http://www.prsinc.org)**