What is LifeSavers

LifeSavers is a peer-support, crisis and suicide-prevention program, which trains students to be caring listeners in their interactions with their peers. LifeSavers are trained in the following areas:

- Active listening skills
- Confidentiality
- Valuing diversity
- Recognizing signs of suicide, depression, chemical dependency, etc.
- Safely helping friends and peers who are struggling
- How to seek help from trained professionals for peers in trouble
- Making healthy lifestyle choices free of illegal and harmful substances

You can make a Difference!

Phillip Lane
philliplane@jalc.edu

Carolyn Gallegly
carolyngallegly@jalc.edu
**All About LifeSavers**

**LifeSavers...**

**Go on training Retreats**
As lifesavers you have the opportunity to participate in training retreats. Full retreats are overnight with fun activities that teach the skills it takes to be a good LifeSaver.

**Participate in College Activities**
LifeSavers actively participate in campus events and try to be a positive force at JALC.

**Get together for Meetings**
We have meetings to discuss what is going on in LifeSavers and plan upcoming events.

Q. **What is LifeSavers?**
A. LifeSavers is a peer-support, suicide and crisis-prevention training program to help young people cope healthfully with the challenges of drugs and alcohol, peer and family relationships, sexual issues, academic problems, aggression, anxiety, depression, and suicide. LifeSavers is a recognized student organization in twenty-seven Illinois and four Louisiana high schools, which have chosen to be pro-active in caring for their student population. Now LifeSavers is establishing chapters in colleges and universities.

Q. **What does the LifeSavers Program do?**
A. LifeSavers trains selected students to be skilled listeners who can responsibly help other students deal with the emotional and situational crises of young adulthood.

Q. **How can an untrained student deal with serious emotional problems?**
A. Students are not trained to be professional counselors but to be listeners. Young adults will more often turn to one of their peers for help before they ask a professional. By listening, a LifeSaver can assist others in working out personal and emotional problems before they become life-risking. By listening with care, a LifeSaver can provide direction toward professional help when needed.

Q. **What characteristics should a LifeSaver have?**
A. Both LifeSavers trainees and LifeSavers advisors should be emotionally mature and be good communicators. They should have an interest in helping others and should have taken a leadership role in reaching out to other students.

Q. **What type of training do LifeSavers receive?**
A. Training stresses the twelve “flavors” of LifeSavers:
- education about dysfunctional youth
- listening skills
- self-esteem development skills
- positive peer relationships
- coping skills
- leadership techniques
- self-awareness
- group participation skills
- decision-making skills
- breaking communication barriers
- knowing one’s own limits & when to refer to a professional