

SELF CARE POLICY

As a mental health nonprofit, it is imperative that our internal volunteers are at a mentally healthy place in order to help others. Since we work with themes of depression, anxiety, and suicide prevention, we must take extra care to mind our own mental health before we can expect to care for the mental health of others.

Potential Volunteers:

- will not be accepted if they are within 1 year of a loss to suicide
- must be at a stable place in their mental health journey
- must be clean of addictive substances for at least 2 years prior to volunteering

Current Volunteers:

- must maintain mental stability; cannot have any suicidal ideation or be addicted to a substance
- if a current volunteer experiences a loss to suicide, they will take a mandatory time off from volunteering (see chart on back)

Please Live reserves the right to assess volunteers' ability to continue volunteering. If a volunteer is showing signs of distress, signs of mental illness, addiction, or suicidal ideation, we will ask volunteers to step down in favor of receiving treatment.

Receiving treatment for a mental health challenge is not immediate cause for removal of volunteering. Please Live will consider each volunteer on a case-by-case basis.

I understand and agree to the above outlined policy.

Print Name

Signature

Date

Suicide Loss Chart

Potential volunteers must wait at least 1 year after the loss of a loved one before beginning volunteering with Please Live.

Current volunteers must take mandatory time off from Please Live if they experience a loss to suicide while volunteering, as follows:

Person lost	Time Off
Immediate family (spouse, parents, siblings, children)	6 Months
Inner Circle (best friends)	6 Months
Secondary family/friend (cousins, aunts/uncles, close coworkers)	3 Months
Coworkers, Acquaintance	1 Month