

So you don't want 300 men calling you? You can do without all those other women ringing your phone night and day?

To remove your name, phone and address on campus and other vital information removed from the campus directory, the Buzz Book:

- 1) go in person to 209 Nebraska Hall (enter off 17th Street) to the Dept. of Publications Services.
- 2) tell the nice lady there your name and address and tell her you want it eliminated from the Buzz Book.
- 3) you must go in person because your signature is required before your name will be taken off the list.
- 4) this must be completed on or before Friday, Sept. 15. If you want to change your listing so it will have your correct phone number, etc., go to 208 Administration and file a change of address form. Publications Services cannot take care of this.

# FIRST DOWN!

## STUDENT ORGANIZATIONS

Sell First Downs on Football Saturdays. . . make \$10 to \$40/morning. For more information call 472-2588 or stop by the Daily Nebraskan Office. Hurry, positions must be filled by

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# Suicidal? Instead of jumping, call Personal Crisis Center

By Kris Hansen

"Now, let me be sure I understand. You're hanging out your tenth floor dorm room, planning to jump, because your girlfriend just ran off with a guru, the university scheduled all your classes for the same time period, your gerbil died and you're \$10,567.23 overdrawn at the bank? Don't give up hope. . ."

This may be an extreme case, but the Personal Crisis Service handles all types of calls in an attempt to "help the individual sort out his problems using his own available resources," according to the director of the program.

George Edgar said the service receives about 300 calls a month, which are patched through an answering service to the volunteer on duty. The 70 workers have their own time slot each week, and answer calls in their home or office.

### Personal problems

"The majority of the problems are personal. Marital and family problems are the most common, but some people are just plain lonely—they want someone to talk to," Edgar said.

Charles Lindgren, a volunteer for the service, said, "We talk to callers and find out what the problem is. We help them to understand that they can solve the crisis with their own resources, and point out the people and places that can help them"

Volunteers may also refer callers to special groups such as Alcoholics Anonymous, Lindgren said.

"You need to find empathy with others. If you can't relate to the call, you pass it to someone else," Lindgren said.

Edgar said, "We do have "regulars" who

call and just want to rap. It's part of the service we provide."

A caller is looking for help, Lindgren said, explaining that suicides are the scariest type.

"We try to find out why, what it is that happened today that precipitates the threat. Usually it takes two or three incidents. Three is usually the trigger. Then we find some reason for them to live—a spouse, someone who loves them."

Lindgren said the volunteer usually goes on to help the caller solve the current problem.

Edgar added that the service can contact the police department to help with a suicide if the person's name or location is known.

"The problem is that this (calling the police) becomes a value judgment. Even if the caller is angry, we'd still try to save them, but we only call the police as a last resort," Edgar said.

### Volunteer training

Volunteers go through a training program before they begin work, Edgar said. The program, begins Sept. 18 and meets for 10, two-hour sessions. The group discusses procedures for handling calls, active listening, feedback, and concentrated information on loneliness, drugs, family problems and other areas.

"To be a volunteer, you must go through the program, but those who are just interested in the skills don't have to go on the line," Edgar commented. "We don't have as many people as we'd like—we're always in need of more."

The volunteers also are organized into teams which meet every month to share calls they have handled and listen to speakers from referral agencies.

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admission  
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## CYBERNETIC SYNTHESIS

The meeting of mind and machine can happen to you. Free non-credit courses in computing will be offered through the Computer Network. Catalogues and information are available at the following:

- 21 Ferguson Hall
- 235 Nebraska Hall
- 143 CBA
- Miller Hall Stat Lab
- 221 Nebraska Hall
- Love Library
- CY Thompson Library

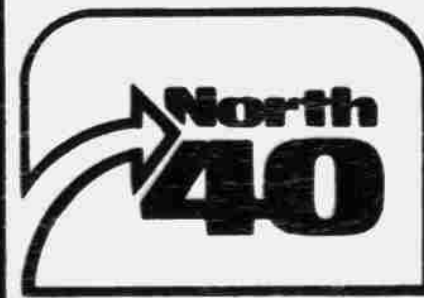


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