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KRP Communications

Breaking Taboo Offers a Contactless Volunteer Option

The nationwide mental health and suicide prevention organization works to break down the taboo of talking about mental health to save lives.

Philadelphia – Breaking Taboo, the mental health and suicide prevention non-profit, announced today it is seeking more volunteers for its contactless program that offers a hands-on volunteer experience in a safe environment.

“Breaking Taboo creates an opportunity for volunteers to make a difference in someone’s life without having to leave their room,” said Serena Hope Sun, the organization’s founder and director.

Breaking Taboo reaches nationwide through social media, on-line resources and virtual events. Breaking Taboo works to end the stigma frequently associated with mental health which, if gone untreated, can lead to suicide. The social media aspect of Breaking Taboo can resonate with generations that have grown up on social media – Millennial Generation and Generation Z.

“We want to reach people who feel lost or ashamed about talking about their mental health challenges or contemplating suicide,” Sun said. “Our materials are available worldwide to anyone who may need them from the youngest Generation Z to veterans.”

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Breaking Taboo is encouraging people to get involved and use their talents to help break the cycle of mental illness. Volunteers are needed for assistance with social media posts, website design and maintenance, virtual event organization and much more.

“Whatever your talent, Breaking Taboo can use your assistance,” Sun said.

The [Centers for Disease Control and Prevention](#) recently noted more Community-Based Organizations are starting up volunteering opportunities after a hiatus. The CDC agreed these organizations provide valuable services to communities but also cautioned the more people an individual interacts with, and the longer that interaction lasts, the higher the risk of COVID-19 spread.

With the CDC recommendations in mind, Breaking Taboo provides a perfect opportunity for a safe volunteer option. For more information or to volunteer, please go to [Breaking Taboo](#).

If you are contemplating suicide, immediately contact 9-1-1 for emergency services or call the [National Suicide Prevention Hotline](#) at 800-273-8255 to speak with trained counselors. [Online chat](#) is also available 24/7.

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About Breaking Taboo:

Breaking Taboo, a 501(c)(3) non-profit organization headquartered in Philadelphia, was started in 2015 after Serena Hope Sun lost yet another close friend to suicide. Deciding that she was sick of losing people, she started creating a documentary film in order to educate people, and a movement soon evolved. To educate and save as many lives as possible by providing them with accessible and useful information, Breaking Taboo evolved into a fiscally sponsored nonprofit. Mental health and suicide cross all boundaries, and the all-inclusive Breaking Taboo aims to reflect that. Breaking Taboo is a modern solution on an age-old problem that appeals to the Millennial Generation and Generation Z just as much as retired veterans. Learn more about at [Breaking Taboo](#). We are also available on social media platforms: [Twitter](#), [Facebook](#) and [Instagram](#).