Resources for Families

Non-emergency Situations
Your school counselors Emily and Charlie are available during the regular school day via email if you have a question or concern.

If you’d like to speak about a confidential matter please contact them using Whatsapp. Please keep in mind that even remotely, we are mandated reporters.

Emily: 207-370-2778
Charlie: 207-370-1734

Emergency Situations
If your student is having a problem or you/they are concerned about somebody else, call the crisis hotline. This will connect you to your closest crisis center: 1-888-568-1112

Area Resources
Food Pantry info: https://www.foodpantries.org/st/maine

Tips to talk to your kids and taking care of yourself
Coping With Stress During Infectious Disease Outbreaks: https://store.samhsa.gov/system/files/sma14-4885.pdf

Talking to your kids about the Coronavirus: https://childmind.org/article/talking-to-kids-about-the-coronavirus/

Tips to help reduce Anxiety
• Validate feelings
• Normalize anxiety during heightened situations
• Focus on what they have control of
• Encourage distraction
• Meditation
• Mindfulness
• Going for a walk
• Music
• Craft project
• Focus on your child's favorite hobby
• Family time

Other Hotlines
National Suicide Prevention Lifeline 1-800-273-TALK (8255) 1-888-568-1112 (Voice/TTY)

Child Abuse 1-800-452-1999 [The State of Maine’s child abuse hotline is staffed 24 hours a day]

Domestic Violence 1-866-834-HELP (4357) [Information on domestic violence, crisis counseling, and emotional support.]

211 [Available 24 hours a day/7 days a week to provide information and connect you or someone you know to local programs and services that can help]