

In the event that you find that you or a loved one is in need of supportive or crisis services outside of school hours, there are many options. Please remember that school personnel are available from 7:30 am until 2:40 pm and may not be monitoring email or voicemail and may not be available to assist with a crisis beyond those hours. Unfortunately, there are occasional emergencies that happen outside of school hours. In the event of the following situations please call the numbers included for assistance. For additional support please contact your school counselor and/or social worker for follow up during school hours.

ALL NUMBERS BELOW are FREE and available to all ages 24/7

1. Life-threatening emergency - dial or text 911
2. Mental health emergency - State-wide Crisis –1(888)-568-1112
3. National Suicide Prevention Lifeline 1(800)273-TALK (8255)
4. Crisis Text option - Text home or hello to 741741
5. Sexual Assault Response Services 1(800)-871-7741
6. Child Abuse Reporting - DHHS - 1(800)452-1999
7. Information and referral service - State-wide - Dial 211 or text your zip code to 898-211

For your convenience, the following link includes a local resource guide  
<https://www.namimaine.org/page/SWResources>