

Need to talk??? Need support??

School Counselor Contact Information

Dana Clark - clarkd@rsu5.org

Liz Peirce - peircel@rsu5.org

Mandy Andreson - andresonm@rsu5.org

School Social Worker Contact Information

Rachel Lira - lirar@rsu5.org

Matt Howard - howardm@rsu5.org

School Nurse Contact Information

Emily Guyer - guyere@rsu5.org

After School Hours - Crisis Resources & Phone Numbers

Take a photo of these numbers to have as a resource if you, a friend or a family member needs support

ALL NUMBERS BELOW are FREE AND AVAILABLE TO ALL AGES 24/7

1. Life-threatening emergency - dial or text 911
2. Mental health emergency - Statewide Crisis Hotline –988
3. National Suicide Prevention Lifeline 1(800)273-TALK (8255)
4. Crisis Text option - Text “home” or “hello” to 741741
5. Teen Text Support Line -NAMI - (207) 515-8398
6. Sexual Assault Response Services - 1(800)-871-7741
7. Child Abuse Reporting - DHHS - 1(800)452-1999
8. [Information and referral service \(Statewide\)](#) - Dial 211 or text your zip code to 898-211

Additional Resources For Support

[The JED Foundation](#) - Mental Health Resource Center

[The Trevor Project](#) - 24/7 Support for LGBTQ+, Call 866-488-7386 or Text START to 678-678

[NAMI Maine](#) - Mental Health Support

[Freeport Community Services](#)