



September 20, 2012

In recognition of National Emergency Preparedness month, the Northern New England Poison Center and emergency hotline agencies in Maine are promoting awareness of personal emergency preparedness numbers with the “**R U Prepared?**” program. The program aims to ensure that all students and school staff are prepared for emergencies.

To accomplish this, we are asking your school to dedicate a day during **September** to inform students about each agency and encourage them to program their cell phones with the numbers for the poison center, domestic violence and sexual assault hotlines and the National Suicide Prevention Lifeline.

This document includes the following:

- **R U Prepared?:** *Description of the program and how to participate*
- **Hotline summary:** *Description of the emergency numbers to be read in school, either over the intercom or by classroom teachers during September.*
- **Take-home summary:** *Description of the toll-free agencies, to be sent home to the parents or put in the school newsletter*

After completing your school event, please report your activities at www.nnepc.org. Reporting schools will receive a coupon code to order free magnets and posters (shipping extra).

Thank you in advance for your participation in this campaign to ensure that your students and staff know who to call for assistance in an emergency. Please contact me if you have any questions.

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New Hampshire Education Office:
NH Department of Health & Human Services
29 Hazen Drive
Concord, NH 03301
Office: (603) 271-4705 • Fax: (603) 271-4519

Vermont Education Office:
Fletcher Allen Health Care
Community Health Improvement
128 Lakeside Avenue, Suite 106
Burlington, VT 05401
Office: (802) 847-2392 • Fax: (802) 847-6545

R U Prepared? Program Summary

- Audience: Maine schools
- When: September 2012, National Emergency Preparedness Month
- What: Promote 24-hour personal emergency hotlines:
911 – Fire, Police, Ambulance
Maine 211 – Information, referrals and support
1-800-222-1222 – Poison center
1-888-568-1112 – Statewide crisis hotline
1-800-273-TALK (8255) – National Suicide Prevention Lifeline
1-866-834-4357 – Statewide domestic violence helpline
1-800-871-7741 – Statewide sexual assault crisis and support line
1-207-532-6401 – Maliseet Domestic/Sexual Assault Support
1-877-853-2613 – Passamaquoddy Peaceful Relations
- How: Schools dedicate time to talk about these 24-hour emergency hotlines.
- Read the attached hotline descriptions with school morning announcements during September. (*Hotline Summary*)
 - Give students and staff time to program these numbers into their cellphones during the announcement/discussion. (*except 911*)
 - Make copies of the hotline summaries to send home with students.
 - Download "Program Your Cellphone" posters from <http://www.nnepc.org/shop/category/downloads-2/posters>.
 - Do a supplemental school activity:
 - Art or health class – Have students make and display posters promoting the 24-hour hotline services.
 - English class – Have students visit a hotline service's website and write a summary paper about what they learned.
 - School paper – Have students write about the 24-hour hotline services available for students to use and provide example scenarios of when a teenager may need to call.
 - Student club – Order stickers or educational materials from the hotline services above and display the information at a lunch-time resource table during the month of September.
 - Report your school's activities at www.nnepc.org. Your school will receive a promotion code to order free magnets and stickers. (shipping extra).

Hotline Summary

R U prepared 4 a personal emergency?

Many of us will experience an emergency such as a car crash, a suicidal friend or a medication error. Be prepared for these emergencies by knowing the right number to call. We are going to highlight several 24-hour emergency hotline services—take this time to program these numbers into your cell phone. **Note:** *To avoid accidental dialing, please do **not** program 911 into your phone.*

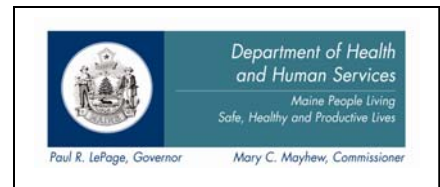
Northern New England Poison Center

Someone calls a poison center about a poisoning every 13 seconds in the U.S. With over-the-phone advice from the poison center, most poisonings can be treated on site. Poison centers are available 24 hours a day to help you treat a poisoning or to answer poison-related questions. All calls are free, confidential and answered by specially trained medical professionals. The national hotline is **1-800-222-1222**. Website: www.nnepc.org.



Maine Crisis Hotline

If you or someone you know is experiencing a personal crisis, is depressed or feeling despair and does not know where to turn, contact the Maine crisis hotline at **1-888-568-1112**. You will be given information and resources for help near you. Calls are free and confidential.



National Suicide Prevention Lifeline

Are you feeling desperate, alone or hopeless? Call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**. This is a free, confidential hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the crisis center nearest to you. Website: www.suicidepreventionlifeline.org



Maine Domestic Violence Helpline

For domestic violence issues, information, crisis counseling, emotional support or advocacy, call **1-866-834-4357**. All calls are free and confidential. Website: www.mcedv.org



Sexual Assault Crisis and Support Line

If you or someone or someone you know has experienced sexual assault, call **1-800-871-7741** to be connected to the crisis center nearest you. Website: <http://www.mecasa.org>.

Maine 211

Maine 211, a program of the United Way of Maine, is a free and confidential service that makes it easier for Maine citizens to get help, give help and find resources. **211** is a local call from anywhere in Maine. Callers receive person-to-person assistance in connecting with community organizations and government agencies that provide such services as mental health care and counseling, alcohol and drug recovery, health care, volunteering, support groups and more. Maine 211 assistance includes information, referrals and problem-solving support. 211 is also available by calling **1-877-463-6207**. Website: www.211maine.org.



911

911 is an emergency telephone number. An emergency may be defined as any situation that requires immediate response. Any time that you need help in a hurry from any of the emergency service agencies (police, fire and ambulance) you should call **911**. Call immediately if a person's life or well being is threatened, property is endangered or an illegal activity is in progress. But remember, 911 is not a toy. It should be used only in real emergencies, not for information, directions or just to see if it works. Website: www.maine911.com.



Native American Programs

Maliseet Domestic Violence and Sexual Assault Program

If you or someone you know in the Maliseet Tribal community is experiencing domestic violence or sexual assault, please contact the Maliseet Domestic Violence and Sexual Assault Program at **(207) 532-6401**. Free, confidential help assistance is just a phone call away. Website: www.maliseets.com/domestic_violence.htm



Passamaquoddy Peaceful Relations

If you or someone you know in the Passamaquoddy Tribal community is experiencing domestic violence or sexual assault, please contact Passamaquoddy Peaceful Relations at **1-877-853-2613**. You will reach someone who can help you and provide you with resources within the Tribal community. All calls are free and confidential. Website: www.wabanaki.com/Passamaquoddy%20Peaceful%20Relations.htm

