



Northern New England  
**Poison Center**

Dear educator:

The Northern New England Poison Center and emergency helpline agencies in Maine are promoting awareness of personal emergency 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 the year to inform students about each agency and encourage them to store these personal emergency numbers in their cell phones.

Attached to this letter are the following documents:

**R U Prepared Program Summary:** Description of the program and some suggested activities to encourage students, parents and staff to have these toll-free numbers readily available in case of an emergency.

**Helpline Summary:** Description of the emergency numbers which can be read in school over the intercom or by classroom teachers. We also encourage schools to send the list home to parents and caregivers.

Thank you in advance for your participation in this campaign to ensure that Maine students and school staff will be prepared for emergencies. After completing your school event, please report your activities at <http://www.nnepc.org/poison-prevention-education/education-programs/r-u-prepared>. We value your feedback.

Participating schools that complete the survey, can receive free magnets and posters. Please let me know if you have any questions or comments.

Sincerely,

Rebecca L. Miller, MPH, BSN, RN, CHES, CSPI  
Maine Health Educator  
Northern New England Poison Center @ Maine Health  
22 Bramhall Street  
Portland, ME 04102  
[miller@mmc.org](mailto:miller@mmc.org)  
207-662-7224  
207-650-7655  
[www.nnepc.org](http://www.nnepc.org)

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Hotline Call Center & Administrative Office:

Northern New England Poison Center  
22 Bramhall Street  
Portland, ME 04102  
Office: (207) 662-7220 • Fax: (207) 662-5941

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 student and school staff

When: Any day during the school year

What: Promote 24-hour personal emergency hotlines:

911 – Fire, Police, Ambulance  
211 – Information, Referrals and Support  
1-800-222-1222 – Poison center  
1-888-568-1112 – Maine Crisis Helpline  
1-800-273-TALK (8255) – National Suicide Prevention Lifeline  
1-866-834-4357 – Maine domestic violence helpline  
(207) 532-6401 – Maliseet Domestic Violence & Sexual Assault Program  
1-800-750-1435 – Micmac Family Support Services  
1-877-853-2613 – Passamaquoddy Peaceful Relations  
(207) 631-4886 – Penobscot Nation Assault Support

Prevention hotlines

1-800-207-1230 – Maine Tobacco HelpLine  
1-800-452-6457 – Drug Tip Hotline

How: Schools dedicate time to review the above 24-hour emergency hotlines.

- Read the attached hotline number descriptions with school morning announcements or in home room discussions. (*see Hotline Summary*)
- Give students and staff time to program these numbers into their cell phones during the announcement/discussion (**except 911**).
- Send copies of the hotline summary home with students and/or put the information in your school newsletter.
- Do a supplemental school activity:
  - Art or health class – Have students research, design and display posters promoting the 24-hour hotline services.
  - English class – Have students visit a hotline service's website and write a summary of 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 educational materials from the hotline services above and display the information at a lunch-time resource table.

- Report your school's activities at <http://www.nnepc.org/poison-prevention-education/education-programs/r-u-prepared>. Your reporting will help us measure the impact of this type of event.

**Thank you!!!**

## R U prepared 4 a personal emergency? Helpline Summary

Many of us will experience an emergency such as a car crash, a suicidal friend or a medication error. It is important to be prepared for these emergencies. One of the best ways to prepare is to know the right emergency hotline number for each type of personal emergency. We are going to highlight several 24-hour emergency hotline services available—take this time to save these numbers in your cell phone, except 911. **Note:** To avoid accidental dialing, please do not program 911 into your phone.

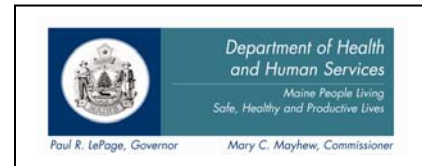
### **Northern New England Poison Center**

Call **1-800-222-1222** to get expert advice from trained health care professionals if you suspect you or someone else has been poisoned. Most poisonings can be treated with over-the-phone advice, saving a trip to the hospital. You can also call with poison-related questions; it does not have to be an emergency to call. Live chat is available at [www.nnepc.org](http://www.nnepc.org). Free and confidential.



### **Maine 24-Hour Crisis Hotline**

If you or someone you know, is experiencing a personal crisis, is depressed or feeling despair and do not know where to turn, call **1-888-568-1112**. You will be given information and resources for help near you. Free and confidential. [www.maine.gov/dhhs/hotlines.htm](http://www.maine.gov/dhhs/hotlines.htm)



### **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, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the crisis center nearest to you. Free and confidential.

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org),  
[www.maine.gov/suicide/index.htm](http://www.maine.gov/suicide/index.htm)



### **Statewide Domestic Violence Helpline – 24/7**

For domestic violence issues, information, crisis counseling, emotional support and advocacy, call **1-866-834-4357**. Free and confidential.  
[www.mcedv.org/](http://www.mcedv.org/)

### **Sexual Assault Crisis and Support Line**

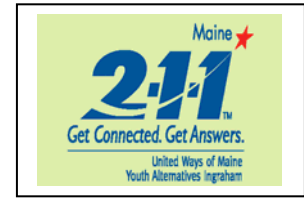
If you or someone or someone you know has experienced sexual assault, a statewide crisis and support line is available to you: **1-800-871-7741**. *Free and confidential.*

[www.mecasa.org/joomla/](http://www.mecasa.org/joomla/)



## **211**

Maine 211, a program of the United Ways of Maine, is a free and confidential service that makes it easier for Maine citizens to get help, give help and find resources. Maine 211 is a local call from anywhere in Maine. By dialing **211**, callers receive person-to-person assistance 24 hours a day, 7 days a week, 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 in Maine or 877-463-6207.**  
[www.211maine.org](http://www.211maine.org)



## **911**

911 is an emergency telephone number. An emergency is any situation that requires immediate response. Any time that you need help in a hurry from any of the emergency service agencies (police, fire or 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.  
[www.maine911.com](http://www.maine911.com)



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## **Native American Resources**

### **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 call **(207) 532-6401**. Help and assistance is just a phone call away. Free and confidential.  
[www.maliseets.com/domestic\\_violence.htm](http://www.maliseets.com/domestic_violence.htm)



### **Aroostook Band of Micmac Family Support Services**

If you or someone you know in the Micmac Tribal community is experiencing domestic violence or sexual assault, please call **1-800-750-1435**. Free and confidential. [www.micmac-nsn.gov/html/micmac\\_health.html](http://www.micmac-nsn.gov/html/micmac_health.html)



## **Passamaquoddy Peaceful Relations**

If you or someone you know in the Passamaquoddy Tribal community is experiencing domestic violence or sexual assault, please call **1-877-853-2613**. By calling this number, you will reach someone who can help you and provide you with resources within the Tribal community. Free and confidential. [www.wabanaki.com/Passamaquoddy%20Peaceful%20Relations.htm](http://www.wabanaki.com/Passamaquoddy%20Peaceful%20Relations.htm)



## **Penobscot Nation, Domestic Violence & Sexual Assault Services**

If you or someone you know in the Penobscot Nation Tribal community is experiencing domestic violence or sexual assault, please call **(207) 631-4886**. By calling this number, you will reach someone who can help you and provide you with resources within the Tribal community. Free and confidential. [www.penobscotnation.org](http://www.penobscotnation.org)



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## **Prevention Helplines**

### **Maine Tobacco Helpline – 24/7**

When you are ready to quit smoking, call the Maine Tobacco Helpline at **1-800-207-1230** for resources and advice. Free and confidential. [www.tobaccofreemaine.org](http://www.tobaccofreemaine.org)



### **Maine Drug Enforcement Agency Drug Tip Hotline – 24/7**

If you would like to provide drug tip information to the MDEA, you can call **1-800-452-6457** anonymously. Free and confidential. [www.maine.gov/dps/mdea/drugtip.html](http://www.maine.gov/dps/mdea/drugtip.html)

