



Dear Educator:

The Northern New England Poison Center and emergency hotline agencies in Vermont 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 program their cell phones with these essential numbers:

- Northern New England Poison Center (1-800-222-1222)
- Vermont Network Against Domestic Violence (1-800-228-7395) and Sexual Violence (1-800-489-7273)
- National Suicide Prevention Lifeline (1-800-273-TALK (8255))
- Vermont 2-1-1 and 9-1-1.

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*
- **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.

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

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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) 847-2393 • Fax: (802) 847-6545

R U Prepared? Program Summary

Audience: Vermont schools

When: Any day during the school year

What: Promote 24-hour personal emergency hotlines

911 – Fire, Police, Ambulance
Vermont 211 – Information, referrals and support
1-800-222-1222 – Poison Center
1-800-273-TALK (8255) – Suicide Prevention
1-800-228-7395 – Domestic Violence
1-800-489-7273 – Sexual Violence

How: Schools dedicate time to talk about these six 24-hour emergency hotlines.

- Read the attached hotline descriptions with school morning announcements or in home room discussions during the selected day. (*see the 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 Take-Home Flier home with students and/or put the information in your school newsletter.
- 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 research 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 (such as Key Club) – Order educational materials from the hotline services above and display the information at a lunch-time resource table during the month your school participates in the program.
- Report your activities at www.nnepc.org.

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 six 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.



Vermont Network Against Domestic and Sexual Violence Hotlines

If you or someone you know is experiencing or has experienced domestic, dating or sexual violence, you can contact the crisis center nearest you for information, referrals and support.



For **domestic or dating violence** call toll-free **1-800-228-7395 (ABUSE-95)** to be connected to the crisis center nearest you. For **sexual violence or if you have had unwanted sex**, call **1-800-489-7273 (489-RAPE)**.

Help is available 24/7, whether you have questions about your own situation or a friend or family member's, or if you just need to talk. You do not need to be in crisis to call! All services are free and confidential for anonymous callers. Website: www.vtnetwork.org.

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. Website: www.suicidepreventionlifeline.org.



UMatter Youth Suicide Prevention in Vermont

For emergency assistance call **211** in Vermont or the National Suicide Prevention Lifeline at **1-800-273-TALK**. Website: www.UmatterUCanHelp.com.



Vermont 211

Vermont 211, a program of United Ways of Vermont, is a free and confidential service that makes it easier for Vermonters to get help, give help and discover options. Vermont 211 is a local call from anywhere in Vermont. 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. Vermont 211 assistance includes information, referrals and problem solving support. Just dial 211 in Vermont or 1-866-652-4636. Website: www.vermont211.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: e911.vermont.gov.



Take-Home Summary

R U Prepared 4 an Emergency?

Are you prepared for a possible personal emergency? One of the best ways to prepare is to program your cell phone and post these hotline numbers near your home phone. **Note:** To avoid accidental dialing, please do not pre-program your cell phone for 911.

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UMatter Youth Suicide Prevention in Vermont

Of all the causes of death among teens in Vermont, suicide is number two. Yet suicide is largely preventable if people know the warning signs and how to get help.



Depression is a major factor in most suicides. It's not uncommon to feel down from time to time; all of us do. But if you feel depressed, listless or have trouble sleeping for more than two weeks, it's time to get help. Talk to an adult: a parent, family member, teacher, counselor or faith leader. It's important to take care of yourself and it's OK to ask for help. Though you may not feel it at the moment, there are friends who care about you, family who would miss you and people who depend on you. You matter and there is a place for you in the Big Picture.

Friends are often the first to see the warning signs of suicide. If you notice a friend talking or writing about death, threatening suicide or looking for ways to kill themselves, get immediate help. Show you care by listening and taking them seriously. Ask them if they are at all thinking about suicide. Offer to get help, then call 911 and stay with them until help arrives. Saving a life is more important than wondering whether the person will be mad at you. As a friend, you matter because you can lead someone to the help they need. For emergency assistance call **211** in Vermont or the National Suicide Prevention Lifeline at **1-800-273-TALK**. Suicide prevention website: www.UmatterUCanHelp.com.

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