

FAMILY RESOURCES

Non Emergency Situations:

Your school counselors and social workers are available to you during the school day by email if you have any questions or concerns.

Shaye Paradis (WMHS) sparadis@wiscassetschools.org

Kristen Sheppard (WMHS) ksheppard@wiscassetschools.org

Neera Harmon (WES) nharmon@wiscassetschools.org

Danielle Senecal (WES and WMHS) dsenecal@wiscassetschools.org

Abigail Lourie (SREP Social Worker) alourie@wiscassetschools.org

EMERGENCY SITUATIONS

If your student/child is having a problem or you/they are concerned about somebody else, call the **crisis hotline**. This will connect you to your closest crisis center: **1-888-568-1112**

AREA RESOURCES

FOOD PANTRY: [Click Here](#)

Coping With Stress During Infectious Disease Outbreaks: [Click Here](#)

Talking to your kids about the Coronavirus: [Click Here](#)

Tips to help reduce Anxiety

- Validate feelings
- Normalize anxiety during heightened situations
- Focus on what they have control of
- Encourage distraction
- Meditation
- Mindfulness
- Going for a walk
- Music
- Craft project
- Focus on your child's favorite hobby
- Family time and snuggles with pets

Other Important Hotline Numbers:

National Suicide Prevention Lifeline 1-800-273-TALK (8255) 1-888-568-1112 (Voice/TTY)

Child Abuse 1-800-452-1999 [The State of Maine's child abuse hotline is staffed 24 hours a day]

Domestic Violence 1-866-834-HELP (4357)[Information on domestic violence, crisis counseling, and emotional support.]

211 [Available 24 hours a day/7 days a week to provide information and connect you or someone you know to local programs and services that can help]