

How to Find Help

On Campus

- School Counselor, Mrs. Hould (office is on the second floor of the Curtis Building) 207-874-5499 or 207-200-5142, chould@nya.org
- School Nurse, Mrs. Wright (office is in the middle school) 207-874-5402, awright@nya.org
- Talk to your advisor or trusted teacher or coach
- Talk with Mr. Austin and/or Mrs. Markonish



In Your Community

- **Maine- CRISIS LINE** (Available **24/7**): The state's crisis phone response service **207-774-HELP** or **207-774-4357**
- **Maine- TEEN TEXT LINE**: Talk about your feelings and get support from another young person (staffed by individuals aged 18-24) Available Noon-10 pm **TEXT: 207-515-8398**
- **ALATEEN**: A support group for teens who have been affected by someone else's drinking Remote Groups available **Download** the [Al-Anon Family Groups Mobile App](#) to attend
- **MaineTransNet**: Mission is to support and empower transgender people in a world where they can thrive **Email: info@mainetransnet.org**
- **OUT Maine**: Support and resources for Maine's LGBTQ community
- **Maine- Tobacco Helpline**: A support line to help those thinking about or ready to quit smoking/vaping nicotine, or for those who want to help a friend or family member quit **800-207-1230**
- **Sexual Assault Response Services of Southern Maine (24/7)**: Provides support to victims of sexual assault **800-871-7741**
- **National- Suicide Prevention Lifeline (24/7)**: Free and confidential support for people in distress Call: **988**
- **National-Crisis TEXT LINE (24/7)**: A live, trained crisis counselor receives the text and responds. Text "**HOME**" to **741741**
- **National- LGBTQ Trevor Lifeline (24/7)**: Provides information and support to LGBTQ young people **866-488-7386**

ONE-MINUTE STRESS MANAGEMENT STRATEGY

Inhale-Exhale-Repeat 6x

Find your feet

Find your hands

Find 3 things to see

Find 2 things to feel

Find 1 thing to smell

Notice where you are

Notice your breath



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