

## **Health Services Call-In Lines**

These are challenging times. In an effort to support our students, staff, families, and community members, M.S.A.D. No. 75 nurses, nurse practitioner, and Health Coordinator will be available for call-in hours. You are welcome to call in with your questions about COVID-19. We will provide you with basic health information and/or direct you to appropriate resources. If someone does not answer your call, they may be on the line with another person. Please leave a message, and your call will be returned as soon as possible.

### **School Nurse Call-In Hours, Monday - Friday from 9:00 AM to 3:00 PM**

- ELEMENTARY SCHOOLS
  - Monday & Wednesday, Calls Answered by Ellen Martel @ 798-3608
  - Tuesday & Thursday, Calls Answered by Lori Huot @ 798-3628
  - Friday, Calls Answered by Therese Chamberland @ 798-3618
- MT. ARARAT MIDDLE SCHOOL, Calls Answered by Naomi Mullane @ 798-3638
- MT. ARARAT HIGH SCHOOL, Calls Answered by Kelsey Fogg @ 798-3648

### **Nurse Practitioner Call-In Hours for Students Enrolled in the School-Based Health Center**

- Monday & Thursday from 8:30 AM - 2:30 PM Calls Answered by Laurel Reever @ 798-3658

### **General Questions District-wide (similar to the State's 211 number)**

- Monday - Friday from 8:00 AM - 4:00 PM Calls Answered by Mary Booth @ 798-3600

**If you have an EMERGENCY, please call one of the numbers below.**  
**ALL NUMBERS BELOW are FREE and available to all ages 24/7**

1. Life-threatening emergency - dial or text 911
2. Mental health emergency - State-wide Crisis –1 (888)- 568-1112
3. National Suicide Prevention Lifeline - 1(800)-273-TALK (8255)
4. Crisis Text option - Text HOME or HELLO to 741741
5. Sexual Assault Response Services - 1(800)-871-7741
6. Child Abuse Reporting - DHHS - 1(800)-452-1999
7. Information and referral service - State-wide - Dial 211 or text your zip code to 898-211