

Some KHS, State and National Resources for Students

- KHS Guidance Counselors:
 - Mrs. Hall- lhall@rsu21.net
 - Mrs. Owen- mowen@rsu21.net
 - Ms. Alaimo- calaimo@rsu21.net
- KHS Regular Ed Social Worker: Jenny Zorn- jzorn@rsu21.net
- KHS Special Ed Social Worker: Ms. Kessler- fkessler@rsu21.net
- KHS Nurse: Karen Jenkins- kjenkins@rsu21.net
- Maine CRISIS HOTLINE (call for any crisis) (24/7):
888-568-1112
- Sexual Assault Response Services of Southern Maine (SARSSM)-24/7:
800-871-7741
<http://www.sarsonline.org/>
- National Suicide Prevention Lifeline (24/7):
800-273-8255
<https://suicidepreventionlifeline.org/>
- National Alliance on Mental Illness <http://www.namimaine.org/>
- National Institute on Drug Abuse (NIDA) <https://www.drugabuse.gov/>