

If you or someone you know is in crisis or needs immediate help, the following resources are available for support:

Maine CDC - COVID-19 info/testing locations

Info: <https://maine.gov/covid19>

Testing: <https://get-tested-covid19.org/>

211Maine - Thousands of health & human services programs/resources

211 or 877-463-6207

<https://211maine.org/>

Maine Crisis Hotline - Crisis resolution/action planning

888-568-1112

www.heretohelpmaine.com

Child Protective Services - Reporting neglect/abuse of children

711 or 800-452-7999

<https://www.maine.gov/dhhs>

Adult Protective Services - Reporting neglect/abuse of dependent adults

711 or 800-624-8404

<https://www.maine.gov/dhhs>

National Suicide Prevention Lifeline - Crisis prevention/support

800-273-8255

<https://suicidepreventionlifeline.org/>

NAMI Maine Helpline - Mental health resources/information

800-464-5767 (Press 1)

<https://www.namimaine.org/>

Domestic Violence Helpline - Resources/support for victims of domestic violence

866-834-4357

<https://www.mcedv.org/>

Sexual Assault Helpline - Resources/support for victims of sexual assault

711 or 800-871-7741

<https://www.mecasa.org/>

Alcoholics Anonymous (AA) - Resources for alcohol recovery

800-737-6237

<https://csoaamaine.org/>

Narcotics Anonymous (NA) - Resources for addiction recovery

800-974-0062

www.namaine.org

Eyes Open for ME - Info/support for opioid use

800-974-0062

<https://www.eyesopenforme.org/>

Statewide Al'anon - Info/resources for help w/ alcoholic relationships

800-498-1844

www.maineafg.org