

## Support Resources for Maine State Residents:

- **Mental Health;** toll-free number **1-888-568-1112**
  - [The Maine Crisis Line](#) (MCL) is the state's crisis telephone response service for individuals or families experiencing a behavioral health crisis or having thoughts of suicide and/or self-harm. Trained crisis call specialists answer the line and provide free and confidential telephone support and stabilization 24 hours a day, 7 days a week.
    - 24/7 access <https://heretohelpmaine.com/>
- **Suicide Prevention; 988**
  - (formerly called the National Suicide Prevention Lifeline) offers free, confidential, 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:
    - Thoughts of suicide
    - Mental health or substance use crisis,
    - Any other kind of emotional distress.
  - Anyone can call or text 988 or chat <https://988lifeline.org/> for themselves or if they are worried about a loved one who may need crisis support
- **Domestic Violence; 1-866-834-HELP (4357)**
  - The statewide Domestic Violence Helpline connects callers with advocates at Domestic Violence Resource Centers and provides information, crisis counseling, emotional support and advocacy. For more information visit: [www.mcedv.org](http://www.mcedv.org).
  - For a list of resources in Tribal communities visit: [www.mcedv.org/get\\_help/](http://www.mcedv.org/get_help/)
- **Sexual Assault Helpline 1-800-871-7741 (Voice) or 711 (Maine Relay)**
  - Call the 24-hour statewide sexual assault crisis and support line (or text Monday-Friday, 8am-5pm) for confidential services free of charge.
  - For more information visit: [www.mecasa.org](http://www.mecasa.org).
  - For a list of resources in Tribal community visit [www.mcedv.org/get-help/](http://www.mcedv.org/get-help/)
- **Child Welfare;**
  - To report child abuse or neglect call **1-800-452-1999** (deaf and hard of hearing individuals should dial 711 for the Maine Relay) <https://www.mekids.org/priorities/maine-child-welfare-action-network/>

- **Substance Abuse**
- **Opioid Abuse; 1-800-974-0062**
  - Visit [www.eyesopenforme.org](http://www.eyesopenforme.org) for more information on Opioid Use Disorder and ways to get help.
- **Narcotics 1-800-974-0062**
  - Call the Narcotics Anonymous helpline and talk to a person in recovery from addiction.
  - For more information visit: [www.namaine.org](http://www.namaine.org).
- **Alcoholics Anonymous; 1-800-737-6237**
  - During business hours, your call will be taken by a member of Alcoholics Anonymous who knows exactly what you are going through and can give you all the information you need. At night, there is a well-qualified answering service that can give meeting information or put you in touch with a person in your area recovering from alcohol use disorder who is available to talk with you about how to get help.
  - For more information visit: [csoaamaine.org/](http://csoaamaine.org/).
- **Alanon (for family member support) 1-800-498-1844**
  - Alanon meetings are a place to learn how to change reactions to the attitudes and behaviors common in alcoholic relationships, including those where drinking no longer occurs. The hotline is staffed by volunteers who answer phones, provide literature, and keep meeting information.
  - For more information visit: [www.maineafg.org](http://www.maineafg.org).
  
- **LGBTQ**
  - NAMI MAINE; 24 hour <https://namimaine.org/lgbtq/>
  - SELFSEA; peer to peer help <https://selfsea.org/>
  - For Family support of LGBTQ; <https://www.strongfamilyalliance.org/>

## NATIONAL RESOURCES

- **Mental Health/Suicide Prevention**
- NIMH; (National Institute for Mental Health)
  - <https://www.nimh.nih.gov/health/find-help>
- NAMI Helpline;
  - Call **1-800-950-NAMI (6264)**, text "HelpLine" to **62640** or

- email us at [helpline@nami.org](mailto:helpline@nami.org)<https://www.nami.org/help>
  - 988 Suicide and Crisis Lifeline; Dial 988 24/7
  - Military Hotline; Dial (888) 457-4838 or text MIL1 to 839863 to receive 24/7 confidential crisis intervention focused on military-specific issues.
- **Domestic Violence**
  - The National Domestic Violence Hotline; Call 1-800-799-SAFE (7233) <https://www.thehotline.org/>
  - National Coalition Against Domestic Violence <https://ncadv.org/>
- **SEXUAL ASSAULT**
  - RAINN Call 1-800-656-4673 24/7 <https://www.rainn.org/resources>
  - Safe Helpline Call 1-877-995-5247 <https://www.safehelpline.org/>
  
- **CHILD WELFARE**
  - CWLA (Child Welfare League of America) <https://www.cwla.org/>
  - <https://www.nationalchildrensalliance.org/>
  
- **SUBSTANCE ABUSE**
- **Opioid Abuse;**
  - Call 1800-662-HELP (4357) or Visit <https://www.samhsa.gov/find-help/national-helpline> for more information on Opioid Use Disorder and ways to get help.
- **Narcotics 1-800-974-0062**
  - Call National Drug Helpline; 1-844-289-0879
  - For more information visit: <https://drughelpline.org/>
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  - During business hours, your call will be taken by a member of Alcoholics Anonymous who knows exactly what you are going through and can give you all the information you need. At night, there is a well-qualified answering service that can give meeting information or put you in touch with a person in your area recovering from alcohol use disorder who is available to talk with you about how to get help. visit: <https://www.aa.org/>.
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  - Alanon meetings are a place to learn how to change reactions to the attitudes and behaviors common in alcoholic relationships,

including those where drinking no longer occurs. The hotline is staffed by volunteers who answer phones, provide literature, and keep meeting information. Visit <https://al-anon.org/>

- **LGBTQ**

- GLAAD Resources; <https://glaad.org/resourcelist/>
- The Trevor Project; call 24/7 hotline 1-866-488-7386  
<https://www.thetrevorproject.org/>