

Family Support Contact Tool

EMERGENCY: CALL 9-1-1

or go to the nearest Emergency Room for immediate care in a safe environment

Non-Emergency: Local Police Department

Local 24-Hour Crisis & Support Lines

MAINE MENTAL HEALTH CRISIS LINE

774-HELP (4357)

1-888-568-1112

Trained mobile staff are available for psychiatric intervention & assistance. Staff can come to you. Available 24/7.

DOMESTIC VIOLENCE HOTLINES

207-874-1973 or 1-800-537-6066

(Cumberland County)

1-800-239-7298

(York County)

Free and confidential hotlines serving all victims of domestic violence, regardless of gender. Available 24/7.

SEXUAL ASSAULT HOTLINE

Talk: 1-800-313-9900 (Available 24/7)

Text: 1-800-871-7741 (M-F, 8AM-5PM)

Chat: www.resourceconnect.com/casl/chat
(M-F, 8AM-5PM)

Free and confidential crisis & support staffed by trained advocates who provide support to all people affected by sexual violence including women, men, gay, straight, young and old.

Local Info & Support Lines

2-1-1 MAINE

Dial 2-1-1 or text 898-211 for info and referrals to community resources.

2-1-1 is the one place to find state-wide services and help. Available statewide 24/7.

INTENTIONAL WARM LINE

1-866-771-9276

Call to speak with a trained peer support specialist who has personal experience with mental health recovery. Available statewide 24/7.

SAFE FAMILIES FOR CHILDREN

207-263-5530

Call to request a host family, family friend, or mentor. Safe Families is a network of families who volunteer to care for children during times of need.

FAMILY HOPE MAINE

207-396-4313

Call for help, support and resources if you are caring for a friend or loved one who is struggling with mental illness.

Personal Supports

School Contact:

Bus Garage:

Family Member(s):

Help with my kids:

Emotional Support(s)

Recovery Support(s):

Food:

Housing:

Heat:

Employment:

Transportation:

Clothing:

Medical/Dental:
(non-emergency)

School Contact(s):

Pets:

Other:

Other:

Other: