Additional Helplines
If your life or someone else’s is in immediate danger, please dial 9-1-1
Substance Use/Opioid Use Disorders: Dial 211
NAMI Mental Health Helpline: 1-800-464-5767
Domestic Violence Helpline: 1-866-834-HELP
Sexual Assault Helpline: 1-800-871-7741
Maine Tobacco Helpline: 1-800-207-1230

If you are not sure who to call, dial 2-1-1 for help getting connected with thousands of statewide services and programs.
For those who are deaf or hard-of-hearing, dial 7-1-1 for the Maine Relay Service.