



Department of Health and Human Services
Maine Center for Disease Control and Prevention
286 Water Street
11 State House Station
Augusta, Maine 04333-0011
Tel: (207) 287-8016; Fax (207) 287-9058
TTY Users: Dial 711 (Maine Relay)

Maine Health Alert Network (HAN) System

PUBLIC HEALTH ADVISORY

To: Health Care Providers
From: Dr. Isaac Benowitz, State Epidemiologist
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Behavioral Health Resources

In the wake of Wednesday night's mass shooting event in Lewiston, these resources may be helpful to our clinical partners and your patients as we all struggle to cope with the events unfolding in our state.

Behavioral Health Resources

- **Call or text 988:** This suicide and behavioral health crisis hotline is answered 24 hours a day, seven days a week by trained crisis specialists offering free, confidential support for anyone. Specialists also can respond by chat at 988lifeline.org. Information for the deaf and hard of hearing is available [here](#).
- **Teens and young adults can text (207) 515-8398:** The National Alliance on Mental Illness Teen Text Line connects youth with other youth to help them manage their challenges every day from noon to 10 p.m.
- **Clinicians, educators and first responders can call 1-800-769-9819:** The FrontLine WarmLine offers free support services to help these professionals manage the stress of responding to disasters from 8 a.m. to 8 p.m., seven days a week.
- **If you're unsure, contact 211.** It provides general information, including how to access behavioral health and social service resources, 24 hours a day, seven days a week. Information can also be found at 211maine.org.
- All of these resources provide free, confidential support.
- Maine DHHS has created a [dedicated webpage](#) with these and other resources, including online support and resources for children and families.
- To connect with your local **OPTIONS liaison** for recovery support services, please visit <https://knowyouroptions.me/about-options/>

Additional resources for clinicians (Uniformed Services University Center for the Study of Traumatic Stress)

- [Safety, Recovery and Hope after Disaster: Helping Communities and Families Recover](#)
- [Grief Leadership: Leadership in the Wake of Tragedy](#)
- [Restoring a Sense of Well-Being in Children After a Disaster](#)