Maine Department of Health and Human Services

Crisis Hotlines

If your life or someone else's is in immediate danger, please dial 9-1-1

Maine Crisis Hotline: 1-888-568-1112
Child Abuse: 1-800-452-1999
Elder/Dependent Adult Abuse: 1-800-624-8404
Suicide Prevention: 1-800-273-TALK (8255)
Poison Control: 1-800-222-1222

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.

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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

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