

## How to Find Supports and Services for Families

Every family's needs are unique, and it can be difficult to know what supports are out there. Resource guides and directories like **Be There for ME**, **Access Maine**, and **211 Maine** can help you and families find resources and programs statewide and locally.

### How are these guides different? When might you use them?

**Be There for ME** (<https://bethereforme.org/>) was designed with parents and caregivers to make it easier for them to find support for needs, like childcare, transportation, housing, food, everyday items, stress, and drugs or alcohol. The parent-friendly website was developed to not overwhelm with options and highlight judgement-free places to start to find support. Be There for ME shares a message that being a parent or caregiver is hard, but support is out there.



*You meet with a family who shares that they are feeling overwhelmed. As you work to build a relationship with the family, you recommend they check out <https://bethereforme.org/> or offer a Be There for ME [rack card](#). Be There for ME's stigma-free language will affirm their feelings and allow them to explore what support is out there on their own.*

**Access Maine** (<https://www.accessmaine.org/>) is an online guide to locate public programs, services, and other resources for families. It is more comprehensive than Be There for ME and is designed to help caseworkers and other providers learn more about and identify programs to support families in Maine.



*You're working with a family and have identified that they have specific need for support, but you aren't sure what resources or programs might be available. You search Access Maine to identify and recommend a specific program to meet the family's particular need.*

**211 Maine** (<https://211maine.org/>) is a 24/7 free and confidential information and referral service. You – or families – can search the online directory, dial 211, text a Maine zip code to 898-211, or email [info@211maine.org](mailto:info@211maine.org). 211 Maine is the most comprehensive directory of statewide and community-based resources for families.



*You're working with a family and have identified that they have a specific need, but they may not be eligible for a particular state program, or you aren't sure what agency administers a program in their community. You search, call, email, or text 898-211 with a family to identify community-based support or the community provider in their area.*