



## BEHAVIORAL HEALTH RESOURCES FOR THOSE AFFECTED BY THE TRAGEDY IN LEWISTON

Maine people affected by the tragedy in Lewiston are encouraged to reach out and connect with behavioral health support. Below is a list of resources available to individuals and organizations who are either seeking support or providing it. You can also find this information on the [DHHS website](#). To access links, use the QR code below.

### FOR INDIVIDUALS

#### **Crisis hotlines:**

- Call or text 988
- Teens and young adults can text (207) 515-8398
- Clinicians, educators, and first responders can call 1-800-769-9819
- If you're unsure, contact 211

#### **For help coping with a traumatic event:**

- [Incidents of mass violence](#)
- [Coping with a Disaster or Traumatic Event](#)
- [Tips for Coping with Stress](#)

#### **For kids, families, and caregivers:**

- [Talking to Children About Gun Violence](#)
- Helping young children [feel safe](#) and [cope with grief](#)
- [Free multilingual trauma resources](#)
- [Building resilience in children](#)
- [Resources compiled by Maine pediatricians](#)

#### **For those affected by substance use:**

- Maine residents in recovery can connect with a local liaison through [OPTIONS](#)

#### **Community Care Program:**

- [Community-Based Organization Resources for Lewiston Residents](#)

### FOR ORGANIZATIONS

**An online clearinghouse for organizations involved in the community and health care response:**

- [Healing Together: Supporting Victims and Families of the Tragedy of Lewiston](#)

**An online form for communities and organizations to request special behavioral health support:**

- [Lewiston Response – Resource Request Form](#)

### OTHER MENTAL HEALTH RESOURCES

The [StrengthenME Helpline](#) offers free stress management and resiliency resources to anyone in Maine experiencing stress reactions from 8 a.m. to 8 p.m., seven days a week.

- Call (207) 221-8198 for help coping with stress

**For the Deaf and Hard of Hearing:**

- [Maine Association of the Deaf](#)



Access these resources directly on the DHHS website with this code

**Interpretation services on these hotlines are available in the following ways:** If the caller is deaf or hard-of-hearing, dial 7-1-1 for the Maine Relay Service, which will then connect you to the appropriate resource. If the caller needs an interpreter and one is not present with them at the time of their call, they should let the call specialist know the language they speak, and the call specialist will have an interpretation service join via phone and then proceed with the call. If an interpreter is present with a caller at the time of the call, the caller is welcome to identify themselves as an interpreter and say they are calling on behalf of someone who needs interpretation. No interpreter certification is required.