



NEED TO TALK?

If you or someone you know are in crisis or having thoughts of suicide, there is help:



1-888-568-1112
MAINE CRISIS LINE
CALL. TEXT. CHAT.

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255

NATIONAL CRISIS TEXT LINE
Text **HOME** to **741-741**

If you or someone you know needs help with substance use issues, you're not alone:



Dial 211 or Text Your ZIP CODE to 898-211

