



NEED TO TALK?

If you are worried about yourself or someone else having thoughts of suicide, call:

Maine Statewide Crisis Hotline: A confidential crisis helpline

ME: 1-888-568-1112 Hours: 24/7

National Suicide Prevention Lifeline:

A confidential suicide or crisis helpline

Toll Free: 1-800-273-8255 Hours: 24/7

Chat line: <http://suicidepreventionlifeline.org/GetHelp>

Have a non-crisis problem to resolve? Call:

NAMI Maine: A confidential non-crisis mental health helpline

Toll Free: 1-800-464-5767

Hours: Weekdays 8:00am- 4:30pm

Email: info@namimaine.org

Website: www.namimaine.org

If you or someone else you know needs help with an alcohol, tobacco or any other substance use problem, call:

211: A confidential statewide resource and support service

Dial: 2-1-1 Hours: 24/7

Email: info@211maine.org Website: www.211maine.org