



# Need to Talk?

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

**MAINE 24-HOUR CRISIS HOTLINE**  
**1-888-568-1112**

or

**NATIONAL SUICIDE PREVENTION LIFELINE**  
**1-800-273-8255**

or

**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:

**MAINE 2-1-1**

**DIAL: 211**

or

**Text Your ZIP CODE to 898-211**

