

MAINE RESOURCES

Maine Crisis Hotline (Available 24 hours a day, 7 days a week)

1-888-568-1112 (Voice or TTY)

A 24 hour hotline to access crisis services for a range of behavioral health crisis situations including suicide assessment and intervention help. Calls are answered by trained behavioral health clinicians located in the crisis service center closest to the caller's location.

Intentional Warm Line (Available 24 hours a day, 7 days a week)

1-866-771-9276

Available 24 hours a day, 7 days a week. The intentional warm line is a peer-to-peer support program for adults (18 years +). It offers trained specialists with life experience in mental health and/or substance use and recovery.

NAMI Maine Help Line (Available Monday-Friday, 8:00am-4:00pm)

1-800-464-5767 (Press 1)

Email: helpline@namimaine.org

Provides confidential non-crisis help for consumers of mental health services and their family members, and offers support and assistance with information about mental illness and the support & treatment system, understanding your rights and where to get the help you need.

Maine Child Abuse and Neglect Hotline (Available 24 hours a day, 7 days a week)

1-800-452-1999

TTY users call Maine Relay 711

24 hour hotline of Maine's Department of Human Services Child Protection Division available to report suspected child abuse or neglect.

Maine Suicide Prevention Program

1-800-698-3624

TTY users call Maine Relay 711

<http://www.maine.gov/suicide/>

The mission of the program is to increase statewide public awareness about suicide and suicide prevention; reduce the incidence of suicidal behavior among citizens; and improve access to appropriate prevention and intervention services. The program website offers information and resources for all concerned and links to training and national resources.

**Maine Office of Substance Abuse and Mental Health Services
Information and Resource Center (IRC)**

1-207-278-8901

TTY users call Maine Relay: 711

Online Order Form: <http://www.surveymonkey.com/r/7KKGBW7>

For more information contact: Anita Reynolds, anita.reynolds@maine.gov

The Resource Center houses an extensive collection of books, videos/DVDs, and pamphlets. Library materials are available on loan, and pamphlets and handouts are available for order free of charge.

Northern New England Poison Center

1-800-222-1222

TTY users call Maine Relay 711

<http://www.nnepc.org>

The Northern New England Poison Center provides resources and immediate treatment advice for poison emergencies 24 hours a day, seven days a week.

NATIONAL RESOURCES

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

<http://www.suicidepreventionlifeline.org/>

To chat online with a trained crisis worker, contact the **Lifeline Crisis Chat**:

<http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

The National Suicide Prevention Lifeline provides confidential help 24 hours a day, 7 days a week. This free service is available to anyone in suicidal crisis or emotional distress. The National Suicide Prevention Life line also offers a **Veterans Crisis Line**. If you are a veteran in need of assistance, please press 1 after dialing the above number.

American Association of Suicidology

<http://www.suicidology.org>

The American Association of Suicidology is a national non-profit organization dedicated to promoting the understanding and prevention of suicide and supporting those who have been affected by it.

American Foundation for Suicide Prevention (AFSP)

<http://www.afsp.org>

AFSP is a national not-for-profit organization dedicated to saving lives and bringing hope to those affected by suicide. Its primary efforts include: funding scientific research, offering educational programs for professionals, educating the public about mood disorders and suicide prevention, promoting policies and legislation that impact suicide and prevention, providing programs and resources for survivors of suicide loss and people at risk, and involving them in the work of the foundation.

Means Matter

<http://www.hsph.harvard.edu/means-matter/index.html>

Means Matter is a website developed by the Harvard T.H. Chan School of Public Health. The website provides online courses, research, and facts related to means reduction (reducing the odds that an attempter will use highly lethal means).

National Strategy for Suicide Prevention 2012

<http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/>

The National Strategy for Suicide Prevention 2012 is a report of the U.S. Surgeon General and of the National Action Alliance for Suicide Prevention. The report outlines a national strategy to guide suicide prevention efforts.

Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.samhsa.gov/suicide-prevention>

SAMHSA provides suicide prevention resources and information that is available to health professionals, the general public, and people at risk.

Suicide Prevention Resource Center (SPRC)

www.sprc.org

The Suicide Prevention Resource Center is the nation's only federally supported resource center dedicated to advancing the National Strategy for Suicide Prevention. They provide resources, technical assistance, training, and materials to professionals serving people at risk for suicide.

The Centre for Suicide Prevention

<http://www.suicideinfo.ca/>

The Centre for Suicide Prevention is an education center in Calgary, Canada. The center provides library and information services, fact sheets and other resources.