

Maine

Free resources to support mental health and wellness

Need to connect?



- Reach out to a family member, friend, health care provider, or faith leader.
- **Intentional Warmline**
866-771-9276
- **NAMI Maine Help Line**
800-464-5767
namimaine.org/page/HelplineLanding
- **Free online forums and 1-on-1 chats**
7cups.com

In a crisis?



- **National Suicide Prevention Lifeline**
800-273-TALK (8255)
- **Statewide Crisis Line**
888-568-1112
- **Call2Talk**
508-532-2255
Text C2T to 741741
- **Crisis Text Line**
Text HOME to 741741
crisistextline.org
- **Samaritans (24/7)**
877-870-4673
samaritanshope.org
- **SAMHSA's Disaster Distress Helpline (24/7)**
800-985-5990
Text TalkWithUs to 66746
- **American Foundation for Suicide Prevention** | Find a local chapter
afsp.org/find-a-local-chapter

Specialized Support



Young Adults

- **OK2Talk**
ok2talk.org
800-273-TALK
- **Text TEEN to 839863** between 9pm and 1am any night, download the [Teen Talk App](#), or participate in discussions with other teens on the TEEN LINE message board.
- **Your Life Your Voice**
 - » 800-448-3000
 - » Text VOICE to 20121 between 1pm and 1am
 - » [Send a message from the website](#)

LGBTQ

- **The Trevor Project** (LGBTQ support)
866-488-7386
Text START to 678678
Chat online at thetrevorproject.org

Parents

- **Parent Stress Line (24/7)**
800-632-8199

Veterans

- **Veteran's Crisis Hotline**
8800-273-8255 (press 1)

For multilingual resources, please visit our [website](#).

Other resources

- Visit 211maine.org or dial 2-1-1
- **Support Group Central**
various online support groups
supportgroupcentral.com
- **Contact your behavioral health provider to see if they can schedule a telehealth visit.** Telehealth is a virtual therapy session. Many providers are now offering this option.