

RESOURCES FOR TREATMENT OF MENTAL HEALTH AND SUBSTANCE USE DISORDER IN MAINE



DIGITAL HEALTH

Access online digital tools and resources through our Digital Health Resource Guide found on TelehealthClassroom.org



TELEHEALTH

Treatment Connection (www.treatmentconnection.com) is an online and phone-based tool that can help identify available mental health and SUD treatment providers, including the ability to identify providers who offer telehealth services.



CRISIS SUPPORT

Maine Mobile Crisis provides 24/7 support through calls or texts at 1-888-568-1112 for immediate mental health assistance.



NAMI MAINE

Visit NAMI Maine for additional mental health resources and support from a community of peers and professionals.



BE THERE FOR ME

Support for parents and caregivers is offered through BeThereforME, providing resources and guidance for mental health and social service needs.

Help is 3 Numbers Away



211 Maine maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services

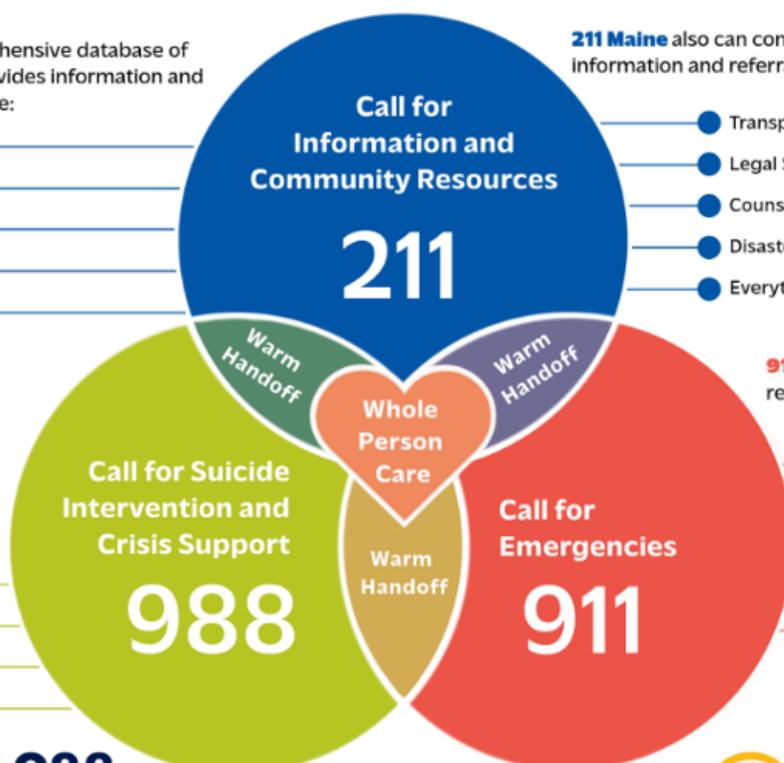
211 Maine also can connect people with information and referrals for:

- Transportation
- Legal Services
- Counseling and Support Groups
- Disaster Aftercare
- Everything Else



988/Maine Crisis Line provides crisis support for:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress



911 provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation

