

Hotlines/Crisis Numbers

- NAMI Maine Help Line** [1\(800\)464-5767](tel:1(800)464-5767)
Support, education, and advocacy for anyone with questions about mental health concerns.
www.namimaine.org
helpline@namimaine.org
- Poison Control Center** [1\(800\)222-1222](tel:1(800)222-1222)
Available 24/7 to provide immediate treatment advice for poisonings
Text [POISON](tel:1(800)222-1222) to [85511](tel:1(800)222-1222)
- Maine State Crisis** [1\(888\)568-1112](tel:1(888)568-1112)
If you are concerned with yourself or someone else they will call the crisis hotline
- Suicide Prevention** [1\(888\)568-1112](tel:1(888)568-1112) OR [1\(800\)273-TALK](tel:1(800)273-TALK)
If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States.
- Child Abuse** [1\(800\)452-1999](tel:1(800)452-1999)
Staffed 24/7
- Sexual Assault Support** [1\(800\)871-7741](tel:1(800)871-7741)
24 hour sexual assault/crisis support hotline
- Domestic Violence** [1\(866\)8344357](tel:1(866)8344357)
Information, support, crisis counseling
- Alcoholics Anonymous** [1\(800\)737-6237](tel:1(800)737-6237)
Support hotline and resource line
- Statewide Alanon** [1\(800\)498-1844](tel:1(800)498-1844)
Support for families or loved ones of alcoholics

Narcotics Anonymous [1\(800\)974-0062](tel:1(800)974-0062)
Helpline to talk to recovering addict

The Women's Project [1\(800\)611-1588](tel:1(800)611-1588)
Helping woman affected by substance abuse

The Maine Tobacco Hotline [1\(800\)207-1230](tel:1(800)207-1230)
Support to quit smoking

2-1-1 [Dial 211](tel:211)
Connect for health and human service needs

Kids Now [1\(877\)kids-now](tel:1(877)kids-now)
Maine has a health insurance program for infants, children,
and teens