

Finding the Right
Mental Health Resource
Begins with Dialing the
Right Telephone Number

DIAL

2-1-1 Maine

211
for
information
and referral to
community resources.

One place to find state-
wide services and help
for friends, family or
yourself. Available
statewide 24/7.

*Intentional
Warm Line*

1-866-771-9276
STATEWIDE
to talk with a trained
peer support specialist who
has personal experience
with mental health recovery.

When support is needed,
recovery encouraged
or where we can
explore moving
toward our goals.
Available state-
wide 24/7.

*Crisis
Line*

774-HELP (4357)
CUMBERLAND COUNTY
1-888-568-1112
STATEWIDE
for psychiatric intervention
and assistance with a
Mental Health Crisis.

By telephone,
in office or
home.
24 hours.
Trained
mobile
staff can
come to
you.

911
or go to the nearest Emergency Room
for immediate **Medical Care** in a safe environment