



Looking for a counselor?

Did you know: There is no referral needed for counseling services. You can connect directly to counselors in the area to establish care. Below are some resources that may be helpful in your search for a counselor.

Psychologytoday.com

Filter by insurance carrier, issue/need, gender, location, etc. and contact counselors local to you.

Sweetser

Search this statewide network of independent, licensed clinicians by office location, specialty or type of therapy.

<https://www.sweetser.org/find-a-maine-therapist>

Spurwink

A nationally accredited non-profit with behavioral health and education services in Maine.

<https://spurwink.org/providers>

Maine Psychological Association

A non-profit association which represents the 600+ psychologists and psychological examiners in Maine.

<https://mepa.wildapricot.org/directory>

Maine Therapist Directory

Best viewed on computer, not mobile browser/phone. <https://www.mainetherapistdirectory.com/>

Health Affiliates

A statewide mental health and substance abuse agency that can match you with clinicians and providers based on your insurance, need, location, etc. <https://www.healthaffiliatesmaine.com/>

Employee Assistance Program (EAP)

Many employers offer an Employee Assistance Program (EAP) where you can access counselors, often at no cost.

Your insurance carrier

Most major insurers partner with telemedicine vendors, including behavioral health.

InterMed resources: If you need additional assistance finding a counselor, please contact an InterMed Behavioral Health Navigator at:

- Internal Medicine: 207-358-1893
- Pediatrics: 207-523-8569
- Family Medicine-Foden Road location: 207-347-2728
- Ob-Gyn and Family Medicine-Yarmouth location: 207-523-3932

Additional Resources

Mobile Crisis 988 (or 1-888-568-1112)

A 24/7 crisis response team that can be mobile and assist with folks who are having a mental health crisis.

Intentional Warm Line: 1-866-771-9276

Trained peer support specialists who have personal experience with mental health recovery.

Access Maine www.Accessmaine.org

An online resource guide that connects people living in Maine to public programs, services and other resources. This tool complements the existing 211 Maine program (www.211Maine.org) where individuals can call, text or go online to be connected to community-level resources in Maine.