

Crisis and Wellbeing Support Pyramid

Dial the right number. Find the right resource.

911

If you believe someone is in imminent danger to themselves or others, dial emergency services (911). When calling 911, consider asking if the officer and rescue team may be accompanied by a Behavioral or Mental Health Liaison. Many towns in Cumberland and York counties have these specialized liaisons who accompany police and rescue in crisis management and mental health support in an emergency.

Maine Statewide Crisis 988

(Cumberland County Mobile Crisis 774-4357)

Call, text or use the chat feature on the website. For psychiatric intervention and assistance in a mental health crisis, call Statewide Crisis line 24/7. The Crisis line may also be used for information, resources, safety planning support or just to listen. Crisis can also provide information and resources on how to help yourself or someone else.

Through These Doors 1-800-534-6066

Domestic and interpersonal violence resource available to anyone for support and information. A trained advocate is available 24 hours a day by phone. Once you make an initial call, you will receive a callback from a blocked number within 15 minutes. You do not need to be in crisis or seeking shelter to call.

Maine Statewide Intentional Warmline

1-866-771-9276

For support and recovery encouragement from a trained peer support specialist who has personal experience with behavioral health and recovery 24/7.

211 Maine

Call or text your zip code to 898-211 for a library of community and referral resources.