



Looking for a counselor?

There is no referral needed for counseling services. You can connect directly to counselors in the area to establish care. Below are some other resources that may be helpful in your search for a counselor. If you need additional assistance with finding a counselor please contact us directly at [\(207\) 774-5816](tel:2077745816), select option 4 and ask to speak with a Behavioral Health Navigator.

- **Psychologytoday.com** – Can filter by insurance carrier, issue/need, gender, location, etc. for counselors local to you. If you find a counselor that may be a good option, contact them directly to check on availability.
- **Health Affiliates** – Health Affiliates Maine is a statewide mental health and substance abuse agency. They have many clinicians and providers who they can match you with based on your insurance, need, location, etc. <https://www.healthaffiliatesmaine.com/>
- **EAP** – Many employers offer an Employee Assistance Program (EAP) where you can access counselors, often at no cost. You can contact your company's HR department to learn more.
- **Your insurance carrier**—Most major insurers partner with telemedicine vendors, including behavioral health. Contact your insurance company to learn more about these options

Additional Resources

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

The Opportunity Alliance operates 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

The warm line is access to trained peer support specialists who have personal experience with mental health recovery.

Through These Doors 1-800-537-6066

Free confidential helpline- Cumberland County's domestic violence resource center providing a full array of services to people experiencing domestic abuse and related issues.

Androscoggin Safe Voices (207) 795-6744 / 1-800-799-7233

Safe Voices currently operates the only shelter and support services for victims of domestic violence and sex trafficking and exploitation in Androscoggin, Franklin, and Oxford counties and provides-on-one safety planning, support groups, information and referral, court advocacy, transportation and accommodation for shelter, community education, and professional trainings.

Southern Maine Agency on Aging <https://www.smaa.org/> Toll free 1-800-427-7411

The Southern Maine Agency on Aging is the focal point in Cumberland and York counties for resources, services, and information to empower older adults, adults with disabilities, and their caregivers to live to their fullest potential

Access Maine www.AccessMaine.org

Access Maine is an online resource guide with information to connect people living in Maine to public programs, services, and other resources that are available to provide support they need to be safe, happy, healthy, and successful. 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.