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

**2-1-1 Maine**

Dial 211 for information and referral to community resources. 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. Available statewide 24/7.

**Crisis Line**

774-HELP (4357) Cumberland County

1-888-568-1112 Statewide

For psychiatric intervention and assistance with a Mental Health Crisis.

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

Created in collaboration with Maine Dept. of Health and Human Services - Adult Mental Health