

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