

## **24/7 Helplines**

Maine's Intentional "Warm-Line" for Non-Crisis Calls: 1-866-771-9276

Maine's Resource Line: 211

Maine's Crisis Hotline: 1-888-568-1112

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Additionally, the following are two resources for finding a local counselor/therapist:

[www.mymainetherapist.com](http://www.mymainetherapist.com)

[www.psychologytoday.com](http://www.psychologytoday.com)