

With so much information being shared about the coronavirus through different media outlets, the following is a list of reliable resources for your consideration:

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)

WEBSITES

Center for Disease Control, national level

www.cdc.gov/coronavirus/2019-nCoV/index.html

World Health Organization

www.who.int/health-topics/coronavirus

Maine Department of Health & Human Services

www.maine.gov/dhhs/coronavirus

tele: 1-800-821-5821

Maine Department of Education

www.maine.gov/doe/covid-19

ME DOE Approved Food Programs

<https://www.maine.gov/doe/meals>

211 Maine, a free and confidential referral service

www.211maine.org

SAMHSA's Disaster Distress

www.disasterdistress.samhsa.gov

helpline: 1-800-985-5990

National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org>

G.E.A.R. Parent Network, Augusta, ME

www.gearparentnetwork.org

Support by tele: 1-800-264-9224

FIND A COUNSELOR

The following are two resources for finding a local counselor/therapist:

www.mymainetherapist.com

www.psychologytoday.com