

# When You Call or Text the Maine Crisis Hotline

## 1-888-568-1112



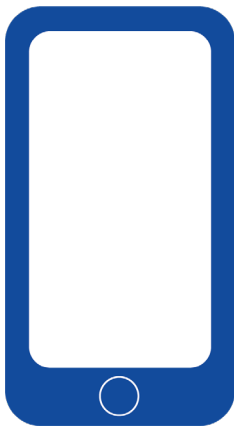
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### You will be connected to a trained crisis worker who will:

1. Ask about the nature of your need.
2. Ask if you're feeling safe. Safety is the primary concern and how this question is answered will determine the rest of the conversation.
3. Keep what you have shared confidential unless your safety is in question.
4. Help you figure out what supports you might have (adults who will listen and support you) and help you identify options.
5. Listen and care about what's happening to you.
6. Work with you to determine the help needed to keep you safe and to resolve the crisis. This can include arranging a face to face meeting to assess your needs.

**You do not have to be suicidal to call or text the Maine Crisis Hotline** - getting help before you reach the point of feeling suicidal is a very positive thing to do. Remember, the information you share with the crisis worker will remain confidential unless your safety is in question.

If you are concerned about someone else, call or text the Maine Crisis Hotline to seek information or assistance in getting someone the appropriate level of help. Tell them why you are concerned and ask what help they can offer.



## 24 hours a day, 7 days a week Text or Call 1-888-568-1112

Medical emergency, Weapons involved, Flight risk?  
Call 911.

Not in Maine? Call the National Suicide Prevention Lifeline:  
1-800-273-8255  
TTY: 1-800-799-4889

# Who Else Can I Contact?



## More Local & National Resources

### **NAMI Maine HelpLine**

*The HelpLine is a safe and confidential mental health service for peers, law enforcement, professionals, friends, and family members.*

**Call Toll-free: (800) 464-5767 & press "1"**

**Email: [helpline@namimaine.org](mailto:helpline@namimaine.org)**

**Hours: Monday-Friday, 8:00am to 4:00pm**

### **Maine Warm Line**

*Intentional Warm Line offers 24/7 telephone support during challenging times and non-crisis situations. Callers will receive support, social connection, assistance with referrals to community resources, recovery programs, and an opportunity to connect with others during a time of fear, grief or sadness.*

**Call Toll-free: 1-866-771-9276**

### **National Suicide Prevention Lifeline**

*The Lifeline provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones, and best practices for professionals.*

**Call Toll-free: 1-800-273-TALK (8255)**

**Text: Text HOME to 741741**

### **Veterans Crisis Line**

*Confidential 24/7 support for all veterans, service members, members of the National Guard and reserve, as well as families and friends supporting veterans.*

**Call Toll-free: 1-800-273-TALK (8255), press 1 for Veterans**

**Text: Text to 838255**

### **Trevor Project Lifeline**

*The Trevor Project provides counselors available 24/7 to assist LGBTQ youth in times of crisis or who need a judgement free place to talk.*

**Call Toll-free: 1-866-488-7386**

**Text: Text START to 678678**

**Chat: [www.thetrevorproject.org/get-help-now/](http://www.thetrevorproject.org/get-help-now/)**