



# STATEWIDE MENTAL HEALTH RESOURCES



## SUPPORTS

**SUPPORT GROUPS** Free & confidential mental-health support groups for family members and peers.

Learn more at: [www.namimaine.org/supportgroups](http://www.namimaine.org/supportgroups)

**FAMILY TO FAMILY** Free, evidence-based, 8-week educational course for family members and friends of people living with mental illness. Learn more at: [www.namimaine.org/familytofamily](http://www.namimaine.org/familytofamily)

**HELPLINE 800-464-5767, ext. 1** The Helpline is a safe and confidential mental health support and referral service for peers, law enforcement, professionals, friends, and family members. The Helpline also provides a virtual service connecting individuals in need of support to volunteer mental health providers for brief (15-30 minute) one-time check-ins. Learn more at: [www.namimaine.org/helpline](http://www.namimaine.org/helpline)

**TEEN TEXT SUPPORT LINE (207) 515-8398** The Teen Text Support Line supports youth ages 14-20 and staffed by individuals under 23 years of age. Learn more at: [www.namimaine.org/teentextline](http://www.namimaine.org/teentextline)

**FAMILY RESPITE PROGRAM** Assists families by providing a break in caring for a child with significant developmental delays and behavioral or emotional disorders. Learn more at: [www.namimaine.org/respitfamily](http://www.namimaine.org/respitfamily)

## 24 HOUR PHONE SUPPORT

**INTENTIONAL WARM LINE 1-866-771-9276**

Toll-free 24 hours a day, seven days a week mental health peer-to-peer phone support line for adults, aged 18 and older. [www.sweetser.org/programs-services/services-for-adults/peer-services/intentional-warm-line/](http://www.sweetser.org/programs-services/services-for-adults/peer-services/intentional-warm-line/)

**MAINE STATE CRISIS LINE 1-888-568-1112**

If you are concerned about yourself or about somebody else, call the 24-hour crisis hotline and speak with a trained crisis clinician who can connect you to the closest crisis center.

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

### AUTISM SOCIETY OF MAINE

Improving the lives of individuals with autism and their families

[www.asmonline.org](http://www.asmonline.org)

### G.E.A.R. PARENT NETWORK

Free services and support to parents from parents of children with emotional and behavioral health concerns.

[www.gearparentnetwork.org](http://www.gearparentnetwork.org)

### MAINE PARENT FEDERATION

No cost support and training for parents of children with special needs

[www.mpf.org](http://www.mpf.org)

## FIND A THERAPIST OR COUNSELOR

Search for a provider by zip code:

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

### HEALTH AFFILIATES MAINE

Broad base of mental health services

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

# SAGADAHOC, LINCOLN & KNOX COUNTY RESOURCES



## For Mental Health & Substance Use

### REGIONAL CRISIS AGENCY

Individuals in need of mental health and other related services:

Sweetser

1-800-434-3000

[www.sweetser.org](http://www.sweetser.org)

### PEER CENTERS

Peer to Peer Support for mental-health and substance abuse challenges:

Amistad - Bath

207-389-4936

[www.amistadmaine.org/peer-learning-community-at-bath/](http://www.amistadmaine.org/peer-learning-community-at-bath/)

Amistad - Boothbay

207-315-6236

[www.amistadmaine.org/boothbay-region-peer-center/](http://www.amistadmaine.org/boothbay-region-peer-center/)

Rockland Peer Support Center

207-701-4417

[www.facebook.com/MBHRocklandPeer/](https://www.facebook.com/MBHRocklandPeer/)

### COMMUNITY SERVICES

Serving youth ages 5-24 with programming encouraging physical, social, emotional, and academic development:

Mid Coast Community Alliance

207-443-6856

[www.mcmaine.org/](http://www.mcmaine.org/)

### RECOVERY CENTERS

Men and women looking for help with addiction and substance use:

Mid Coast Hospital Addiction Resource Center

1-800-244-3805

[www.midcoasthealth.com/addiction/](http://www.midcoasthealth.com/addiction/)

### CLUBHOUSES

Program for adults with mental illness that provides employment, education, wellness, and social opportunities:

Village Clubhouse

207-837-6260

[www.villageclubhouse.org](http://www.villageclubhouse.org)

### HOMELESS SHELTERS

Individuals in need of shelter due to homelessness:

Maine State Housing Authority

207-626-4600

[www.mainehousing.org/programs-services/homeless/emergency-shelters](http://www.mainehousing.org/programs-services/homeless/emergency-shelters)

### FOOD PANTRIES

Local community members experiencing food insecurity:

Knox County

Directory of food pantry and assistance programs

[www.maine.gov/dacf/ard/tefap/Knox.shtml](http://www.maine.gov/dacf/ard/tefap/Knox.shtml)

Lincoln County

Directory of food pantry and assistance programs

[www.maine.gov/dacf/ard/tefap/Lincoln.shtml](http://www.maine.gov/dacf/ard/tefap/Lincoln.shtml)

Sagadahoc County

Directory of food pantry and assistance programs

[www.maine.gov/dacf/ard/tefap/Sagadahoc.shtml](http://www.maine.gov/dacf/ard/tefap/Sagadahoc.shtml)