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.

1-866-771-9276 STATEWIDE

to talk with a trained peer support specialist who has personal experience with mental health recovery.

774-HELP (4357) CUMBERLAND COUNTY

1-888-568-1112 STATEWIDE

for psychiatric intervention and assistance with a Mental Health Crisis.

911 or go to the nearest Emergency Room for immediate Medical Care in a safe environment

Created in collaboration with Maine Dept. of Health and Human Services- Adult Mental Health