ASSOCIATIONS, STATE AGENCIES &
PROGRAMS RELATED TO MENTAL
HEALTH

Office of MaineCare Services
- Member Services: (800) 877-8740
- Main Number: (207) 287-2674, TTY 711

Catholic Charities of Maine
Free counseling services for persons with
substance abuse, mental illness and co-occurring
disorders.
- Phone: (207) 775-5871

Preble Street Clinical Intervention
Program
Engaging homeless individuals with mental illness
and substance abuse issues; linking to treatment,
housing options, and community resources.
- Phone: (207) 775-0026

Volunteers of America Northern NE
Offers outpatient counseling and a variety of
intensive residential programs for adults suffering
from mental health and substance abuse
problems.
- Phone: (207) 373-1140

NAMl Maine Help Line
Mon–Fri 8am-4pm; trained staff help navigate the
mental health and/or criminal justice systems;
help you understand your rights as a peer or
family member; find services or providers
based on need, location, and income.
- Toll free: (800) 464-5767 (# 1)
The Intervenional Warm Line
Not a crisis line, but 24/7 peer-to-peer service
focused on encouraging and fostering recovery.
- Toll free: (866) 777-WARM [9276]

LOCAL HOSPITALS

Maine Medical Center
Emergency Department
- Phone: (207) 662-2381

Outpatient Psychiatry (McGeachy Hall)
- Phone: (207) 862-2201

Spring Harbor Hospital
- Phone: (207) 761-2200
- Toll free: (866) 524-0080

Tri-County Mental Health Services
Referral Line: (888) 304-4673

VA Maine Healthcare System
Formerly St. Vincent
- Tel: (877) 421-8263
**OUTPATIENT AND RESIDENTIAL PROGRAMS/OPTIONS**

**Shalom House**
Offers an array of mental health services and housing options for adults living with severe mental illness.
- Phone: (207) 874-1080

**Opportunity Alliance**
Offers a wide range of community-based and clinical programs, including crisis intervention, mental health services for youth and adults, and residential treatment programs.
- Phone: (207) 523-5049
- Toll free: (877) 429-6884
- Mental Health Police Liaison: (207) 420-9934
- opportunityalliance.org/emergency-services

**Maine Behavioral Health**
Offers a wide range of behavioral health services to children, families and adults.
- Toll free: (844) 292-9111

**Sweetser**
Offers crisis and outpatient mental health services for youth and adults.
- Toll free: (888) 588-1112
- Mental Health Police Liaison: (207) 615-4205

**AMISTAD**
66 State Street, Portland, ME
Support and recovery center for adults struggling with mental illness and other life challenges. Programs include placement of peer workers in the Emergency Room at Maine Medical Center to assist individuals in psychiatric crisis.
- Phone: (207) 773-1996

**Alternative Wellness Services**
Behavioral health agency providing counseling, case management, in-home support.
- Phone: (207) 494-8010

**LAW ENFORCEMENT**

**Portland Police**
- Emergencies: 911
- Non-emergency dispatch: (207) 874-8575
- Information desk: (207) 874-8479

**Mental Health Coordinator for Portland Police Department**
- Jo Freedman: (207) 712-4039

**Maine State Police**
24-Hr Regional Communication Centers
- Gray: (207) 657-3030/(800) 228-0857
- Augusta: (800) 452-4664
- Cell calls: 911
- TTY/TDD lines (statewide): (888) 524-7900

**SUBSTANCE ABUSE/CO-OCCURRING DISORDERS**

**Dept. of Health and Human Services**
Main Office for Substance Abuse & Mental Health Services (Augusta):
- Information & Resource Center:
  - Phone: (800) 498-0027
  - Treatment & Recovery: (207) 287-2595

**Milestone Foundation**
Detox and long-term treatment.
- Phone: (207) 772-4790

**Addiction Resource Center – Mid-Coast Hospital (Brunswick)**
- Counseling/Treatment: (207) 373-6950

**Maine Alcoholics Anonymous**
- Toll free: (800) 737-6327

**Narcotics Anonymous**
- Toll free: (800) 874-0002

**Maine Al-Anon**
- Toll free: (800) 498-1844

**RESOURCES FOR LEGAL ASSISTANCE**

**Disability Rights Center**
- Toll free: (800) 452-1948
- Phone: (207) 626-2774

**Maine State Bar Association – Lawyer Referral and Information Service**
- Toll free: (800) 860-1460

**Maine Volunteer Lawyers Project**
- Toll free: (800) 442-4293
- Phone: (207) 774-4348

**Pine Tree Legal Assistance**
- Portland Office: (207) 774-8211

**Help Line**
Call 800-444-5767 toll free from 8AM-4PM
You will be connected with a knowledgeable, trained support person who can provide navigation and recommendations through Maine’s various systems or locate the right resource for you. Your first step toward understanding and finding help is calling the Help Line.

**Support Groups**
There are support groups statewide. NAMI trained volunteers lead these meetings. Find Support Groups for individuals with mental illness and their families, veterans and others with specific needs by calling our Help Line or visiting the support tab on our website.

**Respite Services for Families & Children**
NAMI Maine assists families with certified respite services for children with emotional, behavioral and developmental disabilities. NAMI Maine provides additional youth-focused services and trainings.

**Training & Education**
NAMI Maine provides “evidence-based” training for family members, individuals with mental illness, schools, community members, professional staff and clinicians statewide.

**Resource Materials**
NAMI Maine offers resources on all mental health topics including the newest research and information available from our outreach partners and the National Institute of Mental Health. Visit www.namimaine.org for more information.