**Need to Talk?**

**Cumberland County Crisis**

(207) 774-4357

**211 Maine**

Find community resources and support

Dial **211** or **866-811-5695**

[211maine.org](https://211maine.org/)

**Crisis Text Line**

Text HOME to 741741

**National Suicide Prevention Hotline**

(800) 273-8255

**NAMI Maine Help Line**

(800) 464-5767

**The Trevor Project**

For LGBTQ+ young adults

(866) 488-7386 or text START to 678678

**Through These Doors**

For support against domestic violence, elder abuse, and human trafficking

(800) 537-6066

**Office of Elder Services Elder Abuse Hotline**

(800) 624-8404

**Sexual Assault Response Services of Southern Maine**

(800) 871-7741

**State of Maine Child Abuse Hotline**

(800) 452-1999