

We All Need Help Sometimes

911 FOR ALL EMERGENCIES
including for potential drug overdose

Do You Need Referrals to Services or Treatment?

211 in Maine 24/7	Dial 211 or 211maine.org or Text your zip code to 898-211	Info and referrals for social services including mental health, addiction treatment, and financial assistance in ME
Sweetser PromiseLine	1-800-434-3000	Referrals for mental health and substance use
The Recovery Center at York Hospital	207-351-2118	Substance use disorder counseling for youth and adults, including medication assisted treatment
Regional Access Point Services, NH 24/7	1-844-640-7277	Referral to treatment and support, help for Maine residents with private insurance

Are You in Crisis?

Maine Crisis Hotline 24/7	1-888-568-1112	Help for you or someone you know
Poison Control 24/7	1-800-222-1222	Treatment advice and info for poisoning
Suicide Prevention Lifeline 24/7	1-800-273-TALK (8255)	Confidential support and crisis resources
Sexual Assault Crisis & Support 24/7	1-800-871-7741	Support for those affected by sexual abuse

Do You Need Peer Support?		
Alcoholics Anonymous	1-800-737-6237 csoaamaine.org	Info, peer support and meetings
Al-Anon	1-888-425-2666	Info, peer support, and meetings for affected others
Narcotics Anonymous	1-800-974-0062 namaine.org	Info, peer support and meetings
Nar-Anon	1-800-477-6291	Info, peer support and meetings for affected others
Portland Recovery Center	207-553-2575	Peer support for recovery
Safe Harbor Recovery Center Portsmouth, NH	603-570-9444	Peer support services for recovery
Intentional Warm Line 24/7	1-866-771-9276	Non-crisis peer support for mental health and addiction
Partnership Helpline	1-855-DRUGFREE	Peer support for caregivers
Do You Want to Learn More?		
Partnership for Drug Free Kids	www.drugfree.org	Info on prevention, intervention and treatment of drug use
NAMI Maine National Association of Mental Illness	1- 800-464-5767 www.namimaine.org	Help for anyone about mental health concerns



List updated July 2018 and not meant to be exhaustive.
Compiled by Choose To Be Healthy Coalition at York Hospital.