

Maine



- 988 Suicide & Crisis Lifeline — Call or text 988
- Maine Crisis Line
 - ☎ 888-568-1112
 - 24/7 crisis counseling and emotional support
- 211 Maine — Dial 211
 - Housing, food, shelters, and mental health resources

Mental Health Services & Counseling

- Maine Department of Health and Human Services Office of Behavioral Health Provides:
 - Mental health treatment
 - Crisis services Substance-
 - use programs
 - Community-based care

Major Providers by Region

- Maine Behavioral Healthcare
 - Therapy, crisis care, and psychiatric services
- Sweetser
 - Mental health, addiction treatment, and crisis services

Central Maine

- Kennebec Behavioral Health
 - Counseling, crisis intervention, and recovery support

Northern Maine

- Aroostook Mental Health Services
 - Community mental health and substance-use treatment

Addiction Recovery & Rehabilitation Programs

- Maine Substance Use Disorder Services
Offers:
 - Detox programs
 - Residential rehab
 - Outpatient treatment
 - Medication-assisted treatment

Key Recovery Providers

- Milestone Recovery
Detox and residential recovery programs
- Crossroads Maine
Gender-specific addiction treatment
- Wellspring Inc
Residential and outpatient recovery services

Emergency Shelters

- Preble Street
Emergency shelter, meals, and outreach services
- Hope House Health and Living Center
Shelter and housing support

Housing & Support Programs

- MaineHousing
Rental assistance and housing programs
- Avesta Housing
Affordablehousingandsupportservices

Women, Youth & Domestic Violence Support

- MaineCoalition to End DomesticViolence
Hotline, shelters, and advocacy Through
- These Doors
Shelter and survivor support
- Covenant House
Support services for homeless youth

