

Resources

- ▶ Maine Crisis Line 1-888-568-1112
- ▶ Teen Text line 1-515-TEXT – for peer support
- ▶ Call 211 or go to 211maine.org for most Maine resources
- ▶ Local therapists – go to www.psychologytoday.com to search your area
- ▶ Margaret Norbert, for individual remote counseling mnhamaine@gmail.com
- ▶ www.ctbh.org and www.informme.squarespace.com for parent education on substance use and mental health
- ▶ SIRPmaine.com to refer a 13-18 year old for an intervention for substance use
- ▶ Contact your school's Wellness or Guidance Counselor with concerns for mental health or substance use issues
- ▶ Contact your child's Doctor or Nurse Practitioner with concerns over substance or other health issue
- ▶ Call the Recovery Center at York Hospital for help with an addiction 351-2118

