

# 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 to End Addiction	<a href="http://www.drugfree.org">www.drugfree.org</a>	Info on prevention, intervention and treatment of drug use
NAMI Maine National Association of Mental Illness	1- 800-464-5767 <a href="http://www.namimaine.org">www.namimaine.org</a>	Help for anyone about mental health concerns



List updated July 2019 and not meant to be exhaustive.  
Compiled by Choose To Be Healthy Coalition at York Hospital.