In Crisis?

Tell an adult. If that is uncomfortable or unsafe, try these resources:

Crisis in general

first call for help

Maine Statewide Crisis Hotline
1-888-568-1112
(text or call)
Text HOME to 741-741

Sexual Assault

Sexual Assault Survivor Support of Midcoast Maine
1-800-871-7741
(SASSMM)

Suicidal Thoughts

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
or 988

Crisis intervention & suicide prevention services for LGBTQ+ youth

TrevorLifeline
1-866-488-7386 or
Text START to 678-678

Addiction/Alcohol & Drug Abuse

Addiction Resource Center
207-373-6950

Quitting Nicotine (vaping & cigarettes)

Maine Tobacco Helpline

Vaping Support
1-800-207-1230
1-844-9NO-VAPE

Eating Disorders

New England Eating Disorders (NEED) @ Sweetser
207-294-4522

LGBTQ

LA GSTA advisors:
Rachel Bennett, Lisa Katz, and Seth Platukis

OUT Maine
800-530-6997

Pregnancy/ Reproductive concerns

Maine Family Planning
207-622-7524

Domestic Violence

New Hope for Women
1-800-522-3304
The Maine Coalition to End Domestic Violence
1-866-834-HELP

Shelter/Housing

McKinney Vento
kstokes@aos93.org

Information provided by The Lincoln Academy Health Center

1-207-563-3596
ext 1119