

Maine DHHS Hotlines Cards

Please separate the cards by cutting on the dotted lines. Once separated you will have four (4) cards, which can be folded in half across the top.

Cut

Cut on dotted lines

If you are not sure who to call, **dial 2-1-1** for help getting connected with thousands of statewide services and programs.
For those who are deaf or hard-of-hearing, **dial 7-1-1** for the Maine Relay Service.

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If your life or someone else's is in immediate danger, please **dial 9-1-1**

Substance Use/Opioid Use Disorders: Dial 211
 NAMI Mental Health Helpline: 1-800-464-5767
 Domestic Violence Helpline: 1-866-834-HELP
 Sexual Assault Helpline: 1-800-871-7741
 Maine Tobacco Helpline: 1-800-207-1230

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Additional Helplines

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Maine Department of Health and Human Services

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Crisis Hotlines

If your life or someone else's is in immediate danger, please **dial 9-1-1**

Maine Crisis Hotline: 1-888-568-1112
 Child Abuse: 1-800-452-1999
 Elder/Dependent Adult Abuse: 1-800-624-8404
 Suicide Prevention: 1-800-273-TALK (8255)
 Poison Control: 1-800-222-1222



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