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

For those who are deaf or hard-of-hearing, dial 7-1-1 for the Maine Relay Service. thousands of statewide services and programs. If you are not sure who to call, $\mathbf{dial} \ \mathbf{z\text{-}t\text{-}t}$ for help getting connected with

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

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

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Additional Helplines

Maine Department of Health and Human Services

Fold

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Crisis Hotlines

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Crisis Hotlines

Maine Crisis Hotline: 1-888-568-1112

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Child Abuse: 1-800-452-1999

Child Abuse: 1-800-452-1999

Elder/Dependent Adult Abuse: 1-800-624-8404 Suicide Prevention: 1-800-273-TALK (8255)

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Poison Control: 1-800-222-1222

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Maine Department of Health and Human Services

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