

MENTAL HEALTH & CRISIS SERVICES IN CUMBERLAND COUNTY

Crisis Intervention and Suicide Hotline

Immediate access to a team of professionals trained to respond to mental health crises 24/7.

- Toll-free: (888) 568-1112
- Cumberland County: (207) 774-HELP

2-1-1 Maine

Statewide referral and information system for health and human services.

- Phone: 2-1-1
- Toll free: (877) 463-6207

Poison Control Center

Information and treatment advice for poison emergencies.

- Toll-free: (800) 222-1222

LOCAL HOSPITALS

Maine Medical Center

Emergency Department

- Phone: (207) 662-2381

Outpatient Psychiatry (McGeachy Hall)

- Phone: (207) 662-2221

Spring Harbor Hospital

- Phone: (207) 761-2200
- Toll free: (888) 524-0080

Tri-County Mental Health Services

Referral line for all locations:

- Phone: (888) 304-4673

VA Maine Healthcare System

Formerly Togus VA Medical Center

- Toll free: (877) 421-8263

OUTPATIENT AND RESIDENTIAL PROGRAMS/OPTIONS

Shalom House

Offers an array of mental health services and housing options for adults living with severe mental illness.

- Phone: (207) 874-1080

OpportunityAlliance

Offers a wide range of community- based and clinical programs, including crisis intervention, mental health services for youth and adults, and residential treatment programs.

- Phone: (207) 523-5049
- Toll free: (877) 429-6884
- Mental Health Police Liaison: (207) 420-9934
- opportunityalliance.org/emergency-services

Maine Behavioral Health

Offers a wide range of behavioral health services to children, families and adults.

- Toll free: (844) 292-0111

Sweetser

Offers crisis and outpatient mental health services for youth and adults.

- Toll free: (888) 568-1112
- Mental Health Police Liaison: (207) 615-4205

AMISTAD

66 State Street, Portland, ME

Support and recovery center for adults struggling with mental illness and other life challenges. Programs include placement of peer workers in the Emergency Room at Maine Medical Center to assist individuals in psychiatric crisis.

- Phone: (207) 773-1956

Alternative Wellness Services

Behavioral health agency providing counseling, case management, in-home support.

- Phone: (207) 494-8010

LAW ENFORCEMENT**Portland Police**

- Emergencies: 911
- Non-emergency dispatch: (207) 874-8575
- Information desk: (207) 874-8479

Mental Health Coordinator for Portland Police Department

- Jo Freedman: (207) 712-4039

Maine State Police

24-Hr Regional Communication Centers

- **Gray:** (207) 657-3030/(800) 228-0857
- **Augusta:** (800) 452-4664
- **Cell calls:** 911
- **TTY/TDD lines** (statewide): (888) 524-7900

SUBSTANCE ABUSE/CO-OCCURRING DISORDERS**Dept. of Health and Human Services**

Main Office for Substance Abuse & Mental Health Services (Augusta):

- Information & Resource Center:
Phone: (800) 499-0027
- Treatment & Recovery: (207) 287-2595

Milestone Foundation

Detox and long-term treatment.

- Phone: (207) 775-4790

**Addiction Resource Center –
Mid-Coast Hospital (Brunswick)**

- Counseling/Treatment: (207) 373-6950

Maine Alcoholics Anonymous

- Toll free: (800) 737-6237

Narcotics Anonymous

- Toll free: (800) 974-0062

Maine Al-Anon

- Toll free: (800) 498-1844

RESOURCES FOR LEGAL ASSISTANCE**Disability Rights Center**

- Toll free: (800) 452-1948
- Phone: (207) 626-2774

Maine State Bar Association – Lawyer Referral and Information Service

- Toll free: (800) 860-1460

Maine Volunteer Lawyers Project

- Toll free: (800) 442-4293
- Phone: (207) 774-4348

Pine Tree Legal Assistance

- Portland Office: (207) 774-8211

ASSOCIATIONS, STATE AGENCIES & PROGRAMS RELATED TO MENTAL HEALTH

Office of MaineCare Services

- Member Services: (800) 977-6740
- Main Number: (207) 287-2674, TTY 711

Catholic Charities of Maine

Free counseling services for persons with substance abuse, mental illness and co-occurring disorders.

- Phone: (207) 775-5671

Preble Street Clinical Intervention Program

Engaging homeless individuals with mental illness and substance abuse issues; linking to treatment, housing options, and community resources.

- Phone: (207) 775-0026

Volunteers of America Northern NE

Offers outpatient counseling and a variety of intensive residential programs for adults suffering from mental health and substance abuse disorders.

- Phone: (207) 373-1140

OTHER RESOURCES

NAMI Maine Help Line

Mon-Fri 8am-4pm: trained staff help navigate the mental health and/or criminal justice systems; help you understand your rights as a peer or family member; and find services or providers based on need, location, and income.

- Toll free: (800) 464-5767 (# 1)

The Intentional Warm Line

Not a crisis line, but a 24/7 peer-to-peer service focused on encouraging and fostering recovery.

- Toll-free: (866) 771-WARM [-9276]