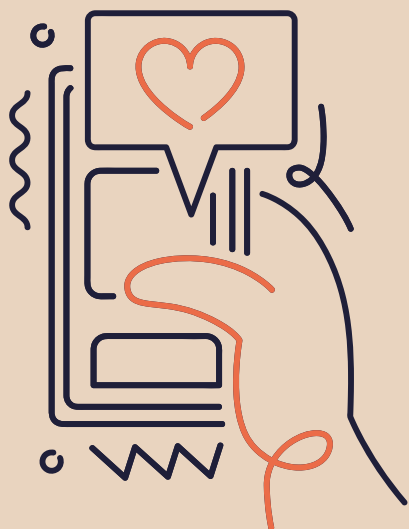


Southern Maine Emergency Resources & Recovery Services

If you or someone you love is facing a crisis related to substance-use or mental health, the following local and state-supported services are available:

CALL US

LEARN MORE



Emergency Hotlines & Support Services:

- Statewide Crisis Line (24/7): [1-888-568-1112](tel:1-888-568-1112)
- Maine 211 Help Line: Dial [211](tel:211) or visit 211maine.org
- National Suicide & Crisis Lifeline: [988](tel:988) (Call or Text)
- Maine Drug Data Hub & Naloxone Info: mainedrugdata.org



Community & Government Services: Office of Behavioral Health (OBH).

Portland Public Health
Division

York County Community
Action Corporation
(YCCAC) [\(207\)324-5762](tel:(207)324-5762)



Hospitals with Emergency & Behavioral Health Services:

Maine Medical Center (Portland) –
22 Bramhall St, Portland, ME

Southern Maine Health Care
(Biddeford) – 1 Medical Center Dr

Mid Coast Hospital (Brunswick) –
123 Medical Center Dr

St. Mary's Regional Medical Center
(Lewiston) – 93 Campus Ave

Recovery Support & Meetings:

- AA Maine Intergroup – aa-maine.org
- SMART Recovery – smartrecovery.org
- Narcotics Anonymous – namaine.org
- Maine Alliance for Addiction Recovery (MAAR) – Peer coaching & support