

## Community Resources Guide

*\*this is a working document that will be updated as resources become available*

- **Call 2-1-1 (Toll free, 24 hour helpline for interactive updates on local government facilities, programs and policies)**
- Visit: [211maine.org](http://211maine.org) or email: [info@211.org](mailto:info@211.org)
- **Maine CDC:** [Maine CDC Frequently Asked Questions](#) about COVID-19
- **Maine DHHS:** Programs and services through the Maine Department of Health and Human Services <https://www.maine.gov/dhhs/programs.shtml>
- **Maine DHHS:** Support for Isolation and Quarantine <https://www.maine.gov/dhhs/coronavirus-resources/support-for-isolation-quarantine>

### **Emotional Support information:**

- [NAMI Maine](#) - National Alliance on Mental Illness
  - [Maine Helpline](#) - Toll-free number: (800) 464-5767 & press "1"
  - Email: [helpline@namimaine.org](mailto:helpline@namimaine.org)
  - Hours: Monday-Friday, 8:00am to 4:00pm
  - [Family Respite Program](#)
  - **Teen Text Support Line** - a new mental health program for youth 14 – 20 years of age living in Maine. The Text Line can be reached at (207) 515 – 8398 (TEXT). The Teen Text Support Line operates from 12pm – 10pm each day and provides adolescents who may need additional mental health support with a safe space to talk with another young person. Staff providing support via the Teen Text Line are between 19 – 23 years of age.
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    - This is **NOT** a crisis line. If you or your child is in crisis, call the Maine Crisis Line via phone or text at (888) 568-1112.
- [Equality Maine](#) -an on-going list of resources to support our community

- [StrengthenME](#) - offers free stress management and resiliency resources to anyone in Maine experiencing stress reactions to the COVID-19 Pandemic.
- Visit [ChildMind.org](#) for mental health resources and parental support during the COVID-19 crisis. Expert clinicians can do telehealth evaluations and treatment for ADHD, mood disorders, anxiety disorders, autism spectrum disorders and learning disorders. [Click here to request an appointment and to learn more.](#)
- [Center for Grieving Children](#) - offering virtual services
- [Kids First](#) - provides education and support for current families who are struggling with co-parenting during COVID-19.

#### **Food Resources:**

- **Wayside Food Programs** has a [list of community resources available](#) including food pantries and meals (breakfast & lunch) for youth up to age 18.
- **Judy's Pantry**- <https://ceumc.org/judys-produce-pantry/>
- **The Locker Project**- <http://mainelockerproject.org/>

#### **Other Hotlines:**

- National Suicide Prevention Lifeline 1-800-273-TALK(8255)
- Child Abuse - The State of Maine's child abuse hotline is staffed 24 hours a day. 1-800-452-1999
- Domestic Violence 1-866-834-HELP(4357) This number gives you information on domestic violence, crisis counseling, and emotional support.

**For Multilingual Resources on COVID-19 click [here](#)**