

YOUTH MENTAL HEALTH Resources



Here to Help!

In Crisis?

988 Suicide & Crisis Lifeline

Call or Text: 988

TTY users: dial 711 first
Para español: 1-888-628-9454
Online Chat: 988lifeline.org

Maine Crisis Line

1-888-568-1112

TTY users: dial 711 first
Online Chat:
heretohel12maine.com

Directory



211 Maine

health services directory &
assistance program

Call: 211

TTY users: dial 711 first
many languages supported
211maine.org

Orientation

The Trevor Project

(LGBTQ+ focused)

Text "START" to 678-678

Call: 1-866-488-7386

TTY users: dial 711 first
thetrevorproject.org

Trans Lifeline

Call: 1-877-565-8860

Para español: oprima 2
translifeline.org/hotline

Equity



The Steve Fund

Black, Indigenous, (and)
People of Color

Text "STEVE" to 741741

Call: (401) 373-2703
stevefund.org

Assault



Maine Sexual Assault

Call: 1-800-871-7741

TTY users: 1-888-458-5599
Para español: 1-800-871-7741
mecasa.org

Abuse



Domestic Violence Support

Call: 1-866-834-7233

TTY users: 1-800-437-1220
Many languages supported
mcedv.org/get-help

Teen Text Line

Text: 1-207-515-8398

available daily = 2PM – 10PM
namimaine.org/teentextline

NAMI Maine Helpline

Call or Text: 1-800-464-5767

available Monday-Friday = 8AM – 4PM
Email: helpline@namimaine.org

