



The FrontLine WarmLine is available to clinicians and first responders

from 8 a.m. to 8 p.m. 7 days a week

by calling **(207) 221-8196** or **866-367-4440**.

Other Resources:

Maine Statewide Crisis Line: **888-568-1112**

Intentional Peer Support Warmline **866-771-9276**

Teen Text Support Line text at **(207) 515-8398**

To speak with staff who have lived experience with mental health conditions Suicide Hotline:

800-273-TALK (800-273-8255)

211 and <http://www.211maine.org> for any and all help

and COVID-19 information, including how to access behavioral health and social services [Maine DHHS Office of Behavioral Health resources guide](#)