

Maine crisis contacts card

Keep the shortest crisis and justice doors close.

Immediate support

- Emergency danger: 911
- 988 Suicide & Crisis Lifeline: call or text 988
- Maine Crisis Line: 1-888-568-1112
- 211 Maine: dial 211 or visit 211maine.org
- Statewide domestic abuse helpline: 1-866-834-4357
- Statewide sexual assault helpline: 1-800-871-7741

Justice doors

- Maine court forms: courts.maine.gov/fees_forms/forms/index.shtml
- Maine family-court process: courts.maine.gov/courts/family/process.html
- Protection orders: courts.maine.gov/help/abuse/
- Parental rights and responsibilities:
courts.maine.gov/courts/family/divorce-separation/parental-rights.html
- Volunteer Lawyers Project: vlp.org
- Pine Tree Legal Assistance: ptla.org/contact-us