

Maine Family Help Contacts Card

Keep these numbers and front-door links close when the practical next step matters more than another long page.

Top contacts

- Emergency: 911.
- 211 Maine: dial 211.
- 211 Maine text: 898-211.
- Domestic-abuse helpline: 1-866-834-HELP.
- Deaf or hard of hearing domestic-abuse line: 1-800-437-1220.
- Child Protective Services: 1-800-452-1999.

Official doors

- Court forms: courts.maine.gov/fees_forms/forms/index.shtml
- Protection filing help: courts.maine.gov/help/abuse/how-to-file.html
- Child support services: maine.gov/dhhs/ofi/programs-services/child-support-services
- MaineHousing rental help: mainehousing.org/programs-services/rental
- VLP family-law clinics: vlp.org/family-matters-1
- Pine Tree Legal: ptla.org

Site pages to keep open

- Start Here.
- Find Help Fast.
- Official Maine Help Doors.
- Family Hub.
- Court Week + Next Hearing.