

# Maine Official Help Doors

Use this short guide when the right next step is the actual official or trusted-help door, not another long explanation.

## Top doors first

- Immediate danger: call 911.
- 211 Maine: dial 211 or text your ZIP code to 898-211 for a live Maine specialist.
- Statewide domestic-abuse helpline: 1-866-834-HELP.
- DHHS child-protective-services hotline: 1-800-452-1999.

## Court and filing doors

- Maine Judicial Branch court forms.
- Protection from abuse / harassment filing help.
- Divorce and family-separation page.
- Parental rights and responsibilities page.

## State service doors

- Maine child support services.
- Child-support review / adjustment.
- DHHS safety page.
- OCFS child-welfare page.

## Housing and legal-help doors

- MaineHousing rental help.
- MaineHousing shelter / housing-assistance page.
- Maine Volunteer Lawyers Project family-law clinics.
- Pine Tree Legal self-help tools and contact page.

## Site companion pages

- Find Help Fast.
- Family Hub.
- Court Week + Next Hearing.
- Packets + Guides.