



Maine Crisis Resources for Providers and Families

Maine Department of Health & Human Services sent this bulletin at 06/22/2022 08:44 AM EDT

The following compilation of **crisis resources** is available to providers working directly with families and young people within Maine's system of care:

The mission of Maine's system of care is to ensure immediate equitable access to welcoming, hopeful, trauma-informed, recovery-oriented behavioral health crisis services in the most supportive, least restrictive setting. We want to raise awareness of resources that are available to support youth and families experiencing a mental health crisis. While some young people may need to receive care in an Emergency Department, these crisis resources may make it possible to safely manage a young person experiencing behavioral health crisis in a community setting.

CRISIS HOTLINE: Maine Crisis Line

When a youth or family needs help in a behavioral health crisis, they can call or text the Statewide number to access the *Maine Crisis Line* (1-888-568-1112). A trained crisis worker will talk with them about their concerns and may dispatch a local mobile crisis responder or first responder to meet with the family/youth in the home/community setting, which is often the best and most appropriate place to be cared for, so long as safety is not a concern. When safety is in jeopardy, the Maine Crisis Line may encourage interventions as well. For individuals/families in the greater Portland area, *Spurwink's Crisis Receiving Center* is available for individuals 14 and up, and it's located at 62 Elm St. Portland, ME. Other services, such as a Crisis Stabilization Unit or inpatient hospitalization will be utilized when appropriate.

Digital download is available at the following link: <https://www.maine.gov/dhhs/sites/maine.gov.dhhs/files/inline-files/CRISIS%20Information%20Sheet%20final1.9.22.pdf>

LOW BARRIER services

There are low barrier services available to youth and families with behavioral health needs, such as the *teen text line*, providing free peer support to youth directly by texting (207) 515-8398; in-person/virtual *youth peer support* is also available statewide by emailing YPSSN@mainehealth.org. *Family Peer Support* is also available by contacting GEAR Parent Network at 1-800-264-9224.

TREATMENT services

Treatment services are available to eligible youth and families, including Behavioral Health Home/Targeted Case Management, Outpatient Therapy, Medication Management and Home and Community Treatment. Please access the [CBHS webpage](#) for information about Behavioral Health Programs and Services, or call 211 for help finding a provider.

OUTREACH materials

The [CDC Maine Prevention Store](#) offers free materials to anyone who requests them, including Maine Crisis Line resources ([magnets](#), [business cards](#), and [stickers](#)), [Safety Planning Cards](#), and [LGBTQ specific prevention resources](#). Please proactively order these materials and provide them to all families you work with. Families need to be aware of the Crisis system and know how to access it in the event of a behavioral health crisis. In addition to these physical items that can be ordered, we encourage all youth-serving organizations to also utilize the open-source logo for the Maine Crisis Line (shown above) on any materials provided to families or the public.

Digital downloads may be accessed at the following link as well: <https://www.maine-prevention-store.com/collections/digital-download-materials/suicide>

If you have any questions about Crisis services available to families, please email Ellie Larrabee at ellie.larrabee@maine.gov.