



Looking for a counselor?

A referral is not needed for counseling services, so you can connect directly to counselors in the area to establish care. It may be helpful to begin looking within your insurance plan's network.

- Your insurance company can provide you with a directory of counselors who are in-network, as well as what to expect for out-of-pocket costs or copays, based on your plan.

We've listed some other resources that may be helpful in your search for a counselor, below. If you need additional assistance finding a counselor, please contact us at (207) 774-5816 or for Pediatric patients, (207) 774-4092.

- **Psychologytoday.com** –Search by insurance carrier, issue/need, gender, location, etc. for counselors local to you. If you find a counselor that may be a good option, contact them directly to check on availability.
- **Health Affiliates Maine** –A statewide mental health and substance abuse agency. They have many clinicians and providers who they can match you with based on your insurance, need, location, etc. www.healthaffiliatesmaine.com/
- **EAP** – Many employers offer an Employee Assistance Program (EAP) where you can access counselors, often at no cost. You can contact your company's HR department to learn more.

Additional Resources

211 Maine Dial 211 <http://www.211maine.org>

211 is a free, confidential information and referral service that connects people of all ages across Maine to local services.

Mobile Crisis 1-888-568-1112 <https://www.opportunityalliance.org/>

The Opportunity Alliance operates a 24/7 crisis response team that can be mobile and assist with folks who are having a mental health crisis.

Intentional Warm Line 1-866-771-9276 www.sweetser.org

Trained peer support specialists who have personal experience with mental health recovery.

Through These Doors 1-800-537-6066 <http://www.throughthesedoors.org/>

Free confidential helpline - Cumberland County's domestic violence resource center providing a full array of services to people experiencing domestic abuse and related issues.

Androscoggin Safe Voices (207) 795-6744 / 1-800-799-7233 www.safevoices.org/

Safe Voices currently operates the only shelter and support services for victims of domestic violence and sex trafficking and exploitation in Androscoggin, Franklin, and Oxford counties. Our offices provide one-on-one safety planning, support groups, information and referral, court advocacy, transportation and accommodation for shelter, community education, and professional trainings.

Southern Maine Agency on Aging 1-800-427-7411 <https://www.smaaa.org/>

The Southern Maine Agency on Aging is the focal point in Cumberland and York counties for resources, services, and information to empower older adults, adults with disabilities, and their caregivers to live to their fullest potential.