



Crisis Resources for Patients

If you are in crisis or concerned about your safety or the safety of somebody else, please contact the following 24-hour crisis services for help:

1. Cumberland County Crisis Line: 207-774-HELP (4357)
2. Maine Crisis Hotline: 1-888-568-1112, En Español: 1-888-628-9454
3. National Suicide Prevention Crisis Line: 1-800-273-8255
4. Text HOME to 741741 (24/7 Crisis Text line)

