



HELP IS JUST A TEXT AWAY.

2-1-1 Maine is a free resource center providing an easy, confidential way to link to information about thousands of health and human services around Maine.

2-1-1 provides information and referrals to human services for everyday needs and in times of crisis:

- Substance Use Disorder
- Basic Human Needs Resources
- Physical and Mental Health Resources
- Employment Support
- Support for Older Adults and Individuals with Disabilities
- Support for Children, Youth, and Families

Available 24 hours a day, seven days a week.

*Standard msg & data rates may apply. Text STOP to opt-out. For end user privacy and terms and conditions of texting with 898211, go to: <http://www.preventionpaystext.com/policies/> Powered by PreventionPays Text.



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