



Maine

**SOMETIMES YOU NEED MORE
THAN AN INTERNET SEARCH.
YOU NEED A CONVERSATION.**

**Certain issues
are hard to navigate.
You're not alone. Call 211
– it's free and confidential.
Maine specialists are available
24/7 to provide information and
connect you to local programs
and services that can help.
Friendly, non-judgmental
people are waiting to
assist you!**

DIAL 211

**TEXT YOUR
ZIP CODE TO 898-211**

VISIT 211MAINE.ORG



Contact Center Partner





Maine

Get Connected. Get Help.™

FOOD

Food Banks
EBT/SNAP
WIC

HEALTH

Health Care
COVID-19
Mental Health

HOUSING

Heating & Utilities
Shelter
Lead Testing

SUBSTANCE USE

Opiate Helpline
Alcohol & Drugs
Counseling



FAMILY

Child Care
Support Programs
Death & Burial

CRISIS

Suicide Prevention
Disaster Assistance
Domestic Violence

EDUCATION

Alternative Ed.
Testing & Support
Certification

BASIC NEEDS

Transportation
Financial Assistance
Household Goods

TRANSITION

Veterans
Relocation
New Mainer Services

AGING + DISABILITY

Home Health Care
Social Security
Respite

JOBS

Unemployment
Career Counseling
Vocational Rehab.

DIAL 211 TTY accessible. Video relay dial 1-866-811-5695.

VISIT 211MAINE.ORG Search our full database of programs and services online.

TEXT YOUR ZIP CODE TO 898-211 Standard msg & data rates may apply. Text STOP to opt-out. For end user privacy & terms and conditions of texting with 898211, go to www.preventionpaystext.com/policies/
Powered by PreventionPays Text.