



United Ways of Maine

2.1.1

Maine

**Get Connected! Get Answers.**

Call 211 or text your zip code to 898211.

How do I  
**quit** vaping?

**I CAN'T STOP CUTTING**

I just need to

**talk**  
to someone.

I'M  
**PREGNANT.**  
WHAT DO I  
DO NOW?

I need  
**housing.**

**Why**  
do I feel so sad?

**I'M BEING BULLIED.**

