

MY LOVED ONE NEEDS HELP NOW

IS THIS AN EMERGENCY?

YES

WHAT IS AN EMERGENCY?

Is your loved one threatening you, themselves or someone else?
Are they trying to harm themselves or someone else?
Are you scared?

NO

CALL 911

Important tips:

- Tell the dispatcher this is a **mental health emergency**.
- Request no sirens or lights.
- Tell the dispatcher about any weapons your loved one has access to.

STILL NOT SURE?

You can call the crisis hotline at **1-888-568-1112** when you are not sure what to do. They are trained to guide you through stressful situations.

THE ISSUE IS URGENT, BUT NOT AN EMERGENCY.

I DON'T FEAR HARM WILL COME TO ANYONE *AT THIS MOMENT*.

CALL THE MAINE CRISIS HOTLINE AT 1-888-568-1112

24 HOURS A DAY, 7 DAYS A WEEK

What to expect:

- The crisis worker will ask you questions about your situation and will give you suggestions to try.
- In some cases, a crisis worker can meet you at your home to help you create a plan for your loved one.

WANT TO TALK TO ANOTHER FAMILY MEMBER?
FOR NON-URGENT ISSUES CALL US!

207-396-4313

WE WILL RETURN YOUR CALL AS SOON AS WE CAN.

