

INSURANCE RESOURCES

HOW DO I FIND A... PSYCHIATRIST, THERAPIST, COUNSELOR OR MENTAL HEALTH CARE PROVIDER

WHAT IS THE DIFFERENCE?

Visit our dictionary page to learn more.

IS THE PERSON COVERED BY HEALTH INSURANCE?

DON'T KNOW WHICH ONE IS APPROPRIATE FOR YOUR SITUATION?

Call the Maine Crisis Hotline at 1-888-568-1112. They are trained to help you find the resources you need.

OVER 18?

A good place to start is with the Maine Department of Health and Human Services to see if your loved one is eligible for MaineCare. Visit Maine.gov/dhhs.

This might help...

Although you will not be able to enroll an adult for MaineCare without their consent, you can still download the application or have the information sent to you. Your loved one may be open to applying for insurance if they have help from you.

UNDER 18?

Contact the Maine Department of Health and Human Services to sign your child up for MaineCare. For more information call 207-822-2000. Apply online at Maine.gov/bms.

NO

Keep in mind...

Receiving mental health services takes time, and when someone doesn't have insurance, finding a provider could take even more time. Often family members could use support while waiting for their loved one to receive services. To find a support group near you visit NAMIMaine.org

OVER 18 NOT eligible for MaineCare

There are free clinics in some communities and some providers may offer a sliding fee scale. If you live in or near Portland, Augusta Waterville, Belfast or Damariscotta, you may be eligible for free care through Care Partners. You can call 1-877-626-1684 for more info.

STILL HAVE QUESTIONS? GIVE US A CALL AT

207-396-4313

