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Mental Health Resources & Hotlines

Maine



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Mental Health Resources & Hotlines: Maine

University of Maine: Helping Farmers Cope with Stress: The University of Maine has created a resource page for farmers struggling with stress or with their mental health. This resource page offers a compilation of hotlines, local resources and publications. Find their resource page [here](#).

The Opportunity Alliance: Contact the crisis line to talk with specialists about any mental health concerns. This service is available 24/7. Contact this service at (888) 568-1112 or visit their website [here](#).

Community Health and Counseling Services: Community Health and Counseling Services (CHCS) provides a wide range of community-based mental health services for children, adolescents and adults. Most services are conveniently located throughout the state of Maine. This is a 24-hour service. Contact this service at (800) 924-0366 or (888) 568-9740, or visit their website [here](#).

Oxford County Crisis Response (OCCR): OCCR provides county wide emergency outpatient mental health services on a 24/7 basis at agency offices, in the community and in hospitals. OCCR provides crisis intervention, aftercare, and referral services. Contact this service at the numbers below or visit their website [here](#).

Main Line (Rumford): (207) 364-2143 or (888) 568-9740

Main Line (Norway): (207) 739-7001 or (888) 568-9740