



Services to help you
- and your family - thrive.

For Providers & Professionals

For Clients & Families

Maine Crisis Line 1-888-568-1112 Voice & TTY

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Clinical Services

Crisis Response

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24-Hour Crisis Mobile Triage

**24 Hour response by phone, toll free:
1-888-568-1112**

24 Hour walk-in service (if possible, please call first) :
Augusta, Maine - 32 Winthrop Street ([Directions](#))
Skowhegan, Maine - 346 Water Street

In the state of Maine, if you are in emotional distress, you can call the statewide toll-free hotline any time of day or night to talk with a trained professional. If you are in the counties of Kennebec or Somerset when you make the call, you will reach the crisis workers of Crisis & Counseling Centers.



What Will Happen When You Call

- A crisis worker may ask to meet with you in person.
- We prefer to meet with you where you feel most comfortable. This can be at your home or some other place in the community, at your local emergency room, or in our office. If possible, we encourage you to call us before going to your local emergency room.

NOTE - If someone is threatening to harm you or you are in physical danger or experiencing a medical emergency, call 911. The local police need to be notified of your situation and they will contact us directly, if needed.
- A crisis worker will talk with you to thoroughly understand your situation and to determine the level of support you need.
- Based on your needs, the crisis worker may refer you to one of our staff counselors, consult with one of our psychiatrists about your situation, or refer you to a Crisis & Counseling Centers crisis residential unit ([Crisis Residential Units](#)), or to another agency for other types of service. They may also connect you to a Crisis OutReach worker ([OutReach - Prevention & Aftercare](#)) who will work with you for several days or weeks to help you secure any additional services you may need.

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