



Services to help you
- and your family - thrive.

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Be Informed/Advocate

Recently, a Town Manager in our region expressed surprise at the number of individuals who had received crisis services from Crisis & Counseling Centers. Because the work we do is confidential, and because there is often a stigma involved for people who come to us for help, many people are unaware of how much we do in their community.

You can find links to statistical information below about

- The number of individuals our crisis program has served in your town, if you live in [Somerset](#) (PDF) or [Kennebec](#) (PDF coming soon) counties.

For more updates about Crisis & Counseling Centers, visit our [News](#) page.

You can make a real difference in our ability to keep our services available to everyone simply by supporting our requests for funding in your town. To find out how to help, contact Judi Watters, Mgr. of Development & PR, at 626-3448 x 179 or by email at mailto:jwatters@crisisandcounseling.org (remove the "mail to" from in front of the email at left – this has been inserted as an anti-spam measure).

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