

Maine   
**2-1-1**™  
*Get Connected. Get Answers.*

**United Ways of Maine**

**SOMETIMES YOU NEED MORE  
THAN AN INTERNET SEARCH.  
YOU NEED A CONVERSATION.**

Certain issues  
are hard to navigate.  
You're not alone. Call 2-1-1  
— it's free and confidential.  
Maine specialists are available  
24/7 to provide information and  
connect you to local programs  
and services that can help.  
Friendly, non-judgmental  
people are waiting to  
assist you!

**211**



**DIAL 2-1-1**

**TEXT YOUR  
ZIP CODE TO 898-211**

**VISIT 211MAINE.ORG**

**United  
Way**



**the  
Opportunity  
Alliance**

Contact Center Partner



**Department of Health  
and Human Services**

*Maine People Living  
Safe, Healthy and Productive Lives*

Roul R. LaPage, Governor Ricker Hamilton, Acting Commissioner

Maine   
**2-1-1**™  
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**United Ways of Maine**

**FOOD**

Food Banks  
EBT/SNAP  
Meal Programs

**HEALTH**

Health Care  
Insurance  
Mental Health

**HOUSING**

Heating & Utilities  
Shelter  
Lead Testing

**SUBSTANCE  
ABUSE**

Opiate Helpline  
Alcohol & Drugs  
Counseling



**FAMILY**

Child Care  
Support Programs  
Death & Burial

**CRISIS**

Suicide Prevention  
Disaster Assistance  
Domestic Violence

**EDUCATION**

Alternative Ed.  
Testing & Support  
Certification

**BASIC NEEDS**

Transportation  
Financial Assistance  
Household Goods

**TRANSITION**

Veterans  
Relocation  
New Mainer Services

**AGING +  
DISABILITY**

Home Health Care  
Social Security  
Respite

**JOBS**

Unemployment  
Career Counseling  
Vocational Rehab.

**DIAL 2-1-1** TTY accessible. Video relay dial 1-866-811-5695.

**VISIT 211MAINE.ORG** Search our full database of programs and services online.

**TEXT YOUR ZIP CODE TO 898-211** Standard msg & data rates may apply. Text STOP to opt-out. For end user privacy + terms and conditions of texting with 898211, go to [www.preventionpaystext.com/policies/](http://www.preventionpaystext.com/policies/)  
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