



RESOURCES FOR PARENTS & CAREGIVERS

NAME	CONTACT / WEBSITE	TYPE OF SERVICES
Be There for Me	bethereforme.org	Be There for ME is an initiative to support parents and caregivers in Maine. It is designed to provide a coordinated, consistent set of services and resources to assist families in need. The initiative includes a website offering information on various programs, such as High-Fidelity Wraparound and Peer Support. It will serve as a hub for parents to learn about and access services.
211 Maine	Dial 211 (or 1-877-463-6207) Text your zip code to 898-211 Email: info@211maine.org Visit: www.211Maine.org to search their online directory	211 Maine is a free, confidential statewide program that provides information about local health and human services for people of all ages. Individuals can contact the line 24/7 to receive information.
Children's Behavioral Health Programs and Services (CBHS) and Office of Behavioral Health (OBH)	CBHS contacts for each County can be found at this link: CBHS Contacts OBH contacts for Support services can be found at this link: OBH Get Support	The Children's Behavioral Health Programs and Services webpage provides a list of available programs, a list of providers searchable by county, and other tools and resources for families. The Office of Behavioral Health provides a resource page of how to access support for a variety of needs.
Access Maine	accessmaine.org	Access Maine is an online resource guide that provides information in one easy-to-access location on how to access the wide array of services, including behavioral health services, available in Maine.
Maine Behavioral Healthcare	www.mainehealth.org/maine-behavioral-healthcare/about-maine-behavioral-healthcare 844-292-0111	Maine Behavioral Healthcare, a component of MaineHealth, is an integrated system of behavioral health care services that provides a continuum of care through a community of providers to promote overall well-being.



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Help ME Grow	HelpMeGrow@maine.gov 207-624-7969	Help Me Grow (HMG) Maine is a free information line that connects families and professionals to information about child development, pregnancy, and community resources for children up to the age of eight in Maine.
MaineMOM	www.mainemom.org MaineMOM@maine.gov 888-644-1130	MaineMOM improves care for pregnant and postpartum people with opioid use disorder and their infants by integrating maternal and substance use treatment services.
Maine Children's Trust	info@mechildrenstrust.org 207-623-5120	The Maine Children's Trust is a statewide non-profit organization whose mission is to prevent abuse and neglect by organizing a strong, unified voice that abuse is preventable and to facilitate collaboration to accomplish this goal.
Maine Parent Federation	www.mpf.org	Maine Parent Federation is dedicated to bringing knowledge and voice to families of children/dependents with special needs assisting in opening the gateway to systems of care.
Prevention for ME	preventionforme.org tsup.dhhs@maine.gov	Prevention for ME provides leadership, partnership, and education throughout Maine to reduce and prevent substance misuse and commercial tobacco use and promote well-being across the lifespan.
Treatment Connection	www.treatmentconnection.com	Treatment Connection provides an online searchable directory of mental health and substance use treatment services available in Maine.
GEAR Parent Network	gearparentnetwork.org 800-264-9224	GEAR is a parent support network for caregivers of children from ages 0-21, providing services for parents of children with emotional and behavioral health concerns.