



CRISIS SERVICES

Maine Crisis Line: 1-888-568-1112

WHAT ARE CRISIS SERVICES?

MOBILE CRISIS (CRISIS RESOLUTION)

SERVICES: Trained behavioral health professionals who provide support and consultation to Mainers experiencing immediate mental health crisis either in person or by phone. Statewide Mobile Crisis Services are available 24/7

CRISIS RESIDENTIAL: Individualized therapeutic interventions provided during a psychiatric emergency in a temporary out-of-home setting. Services are provided during a post-crisis period to help stabilize the person's condition. Out of home crisis beds are available to provide three to seven-day crisis stabilization for youth.

WHO IS ELIGIBLE?

All Mainers experiencing a mental health crisis or having thoughts of suicide and/or self harm should call the Maine Crisis Line, who will determine the clinical intervention needed. Individuals may be in need of supportive deescalation, stabilization, suicide prevention, and connection to ongoing care, as needed. Individuals may be an immediate risk to themselves or others, or may simply need to talk to a behavioral health professional.

HOW DO CRISIS SERVICES HELP?

Crisis services are different for each family based on the needs of the youth and family. The crisis teams and units can:

- Provide immediate support and assessment to youth and families to help alleviate the crisis
- Connect youth and families to resources and supports to prevent or reduce the need for crisis services in the future
- Work with youth and families to develop a safety plan
- Help identify stressors and triggers to manage behaviors
- Help develop coping skills
- Prepare youth and families for safe management of behaviors at home
- Work with youth, families and teams to develop proactive crisis plans
- Provide follow up support following the crisis if needed
- Assist families with application for Katie Beckett MaineCare, if needed
- Mobile Crisis and Crisis Res intervention is covered by MaineCare, some private insurance and by Children's Behavioral Health Services.

HOW TO ACCESS CRISIS SERVICES

Call the **Maine Crisis Line: 1-888-568-1112** if your child is experiencing a mental health crisis or is a risk to themselves or others. The Maine Crisis Line is available to respond 24 hours a day 7 days a week.

For more information about Crisis Services in Maine visit the [Office of Behavioral Health website](#) or scan the QR code.



**The Crisis team
was there when
I needed them
to help my
daughter. It
was scary, but I
am so glad I
called.**

-Parent