



Private Resources

- **Maine Statewide Crisis**
1-888-568-1112 (Voice/TTY)
If you are concerned about yourself or about somebody else, call the crisis hotline. This will connect you to your closest crisis center.
- **Domestic Violence**
1-866-834-HELP (4357)
This number gives you information on domestic violence, crisis counseling, and emotional support.
 - Local domestic violence resource centers:
 - **Caring Unlimited** (York County)
P.O. Box 590, Sanford, ME 04073
Admin.: 207-490-3227
Hotline: [1-800-239-7298](tel:1-800-239-7298)
mail@caring-unlimited.org
www.caring-unlimited.org
 - **Family Crisis Services** (Cumberland County)
P.O. Box 704, Portland, ME 04104
Admin.: [207-767-4952](tel:207-767-4952)
Hotline: [1-800-537-6066](tel:1-800-537-6066); [207-874-1973](tel:207-874-1973)
All numbers TTY accessible
familycrisis@familycrisis.org
www.familycrisis.org
 - **Family Violence Project** (Kennebec & Somerset Counties)
P.O. Box 304, Augusta, ME 04332
Admin.: [207-623-8637](tel:207-623-8637)
Hotline: [1-877-890-7788](tel:1-877-890-7788); [207-623-3569](tel:207-623-3569)
fvp@familyviolenceproject.org
www.familyviolenceproject.org
 - **Hope and Justice Project** (Aroostook County)
754 Main Street, Presque Isle, ME 04769
Admin.: [207-764-2977](tel:207-764-2977)
Hotline: [1-800-439-2323](tel:1-800-439-2323)
info@hopeandjusticeproject
www.hopeandjusticeproject.org
 - **New Hope for Women** (Knox, Lincoln, Sagadahoc & Waldo Counties)
P.O. Box A, Rockland, ME 04841-0733
Admin. & Hotline: [207-594-2128](tel:207-594-2128) or [1-800-522-3304](tel:1-800-522-3304)
Belfast Office [207-338-6569](tel:207-338-6569)
Wiscasset Office [\(207\) 882-6222](tel:207-882-6222)
Bath Office [\(207\) 443-8898](tel:207-443-8898)
newhope@newhopeforwomen.org
www.newhopeforwomen.org
[New Hope for Women's Facebook](#)

- **Safe Voices** (Androscoggin, Franklin & Oxford Counties)
P.O. Box 713, Auburn, ME 04212-0713
Admin.: [207-795-6744](tel:207-795-6744)
Hotline: [1-800-559-2927](tel:1-800-559-2927) or [207-795-4020](tel:207-795-4020)
info@safevoices.org
www.safevoices.org
 - **Next Step** (Hancock & Washington Counties)
PO Box 1466, Ellsworth, ME 04605
Admin: [207-667-0176](tel:207-667-0176)
Hotline: [1-800-315-5579](tel:1-800-315-5579)
info@nextstepdvproject.org
www.nextstepdvproject.org
 - **Spruce Run-Womancare Alliance** (Penobscot & Piscataquis County)
Bangor office:
P.O. Box 653, Bangor, ME 04402
Admin.: [207-945-5102](tel:207-945-5102)
Hotline: [1-800-863-9909](tel:1-800-863-9909) or [207-947-0496](tel:207-947-0496) or TTY: [207-955-3777](tel:207-955-3777)
sprucerun@sprucerun.net
www.sprucerun.net
 - Dover office:
P.O. Box 192, Dover-Foxcroft, ME 04426
Admin & Hotline: [207-564-8165](tel:207-564-8165)
Hotline: [1-888-564-8165](tel:1-888-564-8165)
wmncare@wmncare.org
www.wmncare.org
- **Domestic Violence Shelters**
 - Androscoggin County
 - Safe Voice 1-800-559-2927 (Auburn)
 - Aroostook
 - Hope and Justice Project 1-800-439-2323 (Caribou, Houlton, Fort Kent)
 - Maliseet Domestic Violence and Sexual Assault Program 1-207-532-6401 (Houlton)
 - Cumberland
 - Family Crisis Shelter 1-800-537-6066 (Portland)
 - Hancock
 - The Next Step 1-800-315-5579 (Ellsworth)
 - Kennebec
 - Family Violence Project 1-877-890-7788 (Augusta)
 - Knox
 - New Hope for Women 1-800-522-3304 (Rockland)
 - Penobscot
 - Spruce Run Womancare Alliance 1-800-863-9909 (Bangor)
 - Somerset
 - Family Violence Projection 1-877-890-7788 (Somerset County)
 - Washington
 - Passamaquoddy Peaceful Relations 1-877-853-2613 (Pleasant Point)
 - York
 - Caring Unlimited 1-800-239-7298 (Sanford)
- **Sexual Violence**
1-800-871-7741
This line is open 24 hours a day for the State of Maine.

Local centers:

Androscoggin County	Sexual Assault Crisis Center (Lewiston/Auburn)	207-795-2211
Aroostook County	AMHC Sexual Assault Services (Presque Isle)	800-550-3304
Cumberland County	Sexual Assault Response Services (Portland)	800-313-9900
Eastern Cumberland County	Sexual Assault Support Services (Bath/Brunswick)	800-822-5999
Franklin County	S.A.V.E.S. (Farmington)	207-778-0110
Hancock County	Downeast Sexual Assault Services (Ellsworth)	207-667-5304
Kennebec County	Sexual Assault Crisis & Support Center (Augusta)	800-871-7741
Knox County	Sexual Assault Crisis & Support Center (Augusta)	800-871-7741
Lincoln County	Sexual Assault Support Services (Bath/Brunswick)	800-822-5999
Oxford County	Rape Education and Crisis Hotline (South Paris)	800-871-7741
Penobscot County	Rape Response Services (Bangor)	207-989-5678
Piscataquis County	Rape Response Services (Bangor)	207-989-5678
Sagadahoc County	Sexual Assault Support Services (Bath/Brunswick)	800-822-5999
Somerset County	Sexual Assault Crisis & Support Center (Augusta)	800-871-7741
Waldo County	Sexual Assault Crisis & Support Center (Augusta)	800-871-7741
Washington County	Downeast Sexual Assault Services (Ellsworth)	207-667-5304
York County	Sexual Assault Response Services (Portland)	800-313-9900

- **Being Stalked**

If you feel you are in immediate danger call 911.

Seeking a protection order, call 1-866-834-HELP (4357), or call your local police station.

- **Child Abuse**

1-800-452-1999 (Voice) 1-800-963-9490 (TTY)

The State of Maine's child abuse hotline is staffed 24 hours a day.

- **The Women's Project**

Southern Maine: 1-800-611-1588

Northern Maine: 1-800-611-1779

Helps women affected by substance abuse.

- **National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

1-888-568-1112 (Voice/TTY) Crisis Hotline