

Mental health supports

The Maine Department of Health and Human Services (DHHS) encourages anyone affected by the violence in Lewiston to reach out and connect with behavioral health support. Incidents of mass violence can lead to a range of emotional reactions, including anxiety, fear, anger, despair, and a sense of helplessness that may begin immediately or in the days or weeks following the event.

Maine DHHS has created a [dedicated webpage with these and other resources, including online support and resources for children and families.](#)

For those in need of immediate support:

Call or text 988: This suicide and behavioral health crisis hotline is answered 24 hours a day, seven days a week by trained crisis specialists offering free, confidential support for anyone. Specialists also can respond by chat at 988lifeline.org. Information for the deaf and hard of hearing is available here.

Teens and young adults can text (207) 515-8398: The National Alliance on Mental Illness Teen Text Line connects youth with other youth to help them manage their challenges every day from noon to 10 p.m.

Clinicians, educators and first responders can call 1-800-769-9819: The FrontLine WarmLine offers free support services to help these professionals manage the stress of responding to disasters from 8 a.m. to 8 p.m., seven days a week.

If you're unsure, contact 211. It provides general information, including how to access behavioral health and social service resources, 24 hours a day, seven days a week. Information can also be found at 211maine.org.