

# Locating Services and Supports for Individuals & Families in Maine FACT SHEET



There are multiple services and supports in Maine to help individuals and families be safe, happy, healthy, and successful.

Access Maine and 211 Maine are examples of two resources that can be used to help connect people to these services and supports.

State &  
Public  
Programs

## ACCESS MAINE

Access Maine is an online Resource Guide created by the Office of Child and Family Services in partnership with other state agencies.

Access Maine has information to connect people living in Maine to public programs, services, and other resources that are available to provide support they need for things such as meeting their basic needs, behavioral health services, and family supports.

In the guide you will find links to websites for more information about these resources.

[www.AccessMaine.org](http://www.AccessMaine.org)

**AccessMaine**  
*A path to resources and supports  
for families in Maine.*

Community  
Services &  
Supports

## 211 MAINE

211 Maine provides an easy, free, and confidential way to help people find community resources that can help them stay healthy, safe, and independent. This includes but is not limited to heating assistance, substance use and recovery services, home healthcare, support groups, and more.

211 has a contact center in Maine that is available 24 hours a day, 7 days a week by phone, text and online.

Getting help is a sign of strength!

[www.211Maine.org](http://www.211Maine.org)  
Text Zip Code to 898-211  
Dial 211 or 1-877-463-6207



**2-1-1**

Maine



All Maine Children & Families  
SAFE, STABLE,  
HAPPY, HEALTHY

Created by the Office of Child and Family Services in partnership with 211 Maine (May, 2022)

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Maine