



Mental Health Resources

StrengthenME - is Maine's behavioral health and resiliency response to the COVID-19 Pandemic. They offer resources specific to caregiver staff and separate resources for all Mainers which our office staff and your loved ones can take advantage of.

Caregiver staff resources – are available through a partnership with the State of Maine and Work Force EAP. The program is specifically designed to help healthcare and frontline workers with COVID-19 related stress while working through the pandemic. Here are some offerings:

- Special 24/7 hotline – call **1-800-769-9819**
- Visit [StrengthenME.com](https://workforceeap.com/Solutions/Strengthen-ME) & click on the “Resources for Healthcare Workers” tab or click on <https://workforceeap.com/Solutions/Strengthen-ME>. You'll find:

30-minute Wellness Workshops that focus on mental & emotional wellness using practical tips and mindfulness. Check out the schedule on the website for offerings each month.

[Click HERE for Wellness Workshops](#)

10-minute Wellness Breaks - If you are short on time, try these for a quick mid-day reset – no registration is required: [Click HERE for Wellness Breaks](#)

Trainings – join 50-60 minute trainings on a range of stress-related topics. No registration required. [Click HERE for current Trainings](#)

Group caregiver discussions - A professional consultant will facilitate discussion for open dialogue and psychoeducation about stress management and resiliency strategies. 50-minute via Zoom; no registration required. [Click HERE for current Group Discussions](#)

Individual Work/Life Coaching – access 1:1 confidential coaching with a licensed professional to assist with stress and to explore wellness options and resiliency. Up to 6, 50-minute sessions conducted via Zoom. To schedule services, call 1-800-769-9819.

All staff (includes office staff) general StrengthenME resources - This initiative seeks to help any Mainer with free, confidential, and anonymous resources if experiencing pandemic-related stress. Check out the tools, support, and community connections that promote wellness, resilience, and recovery. Resources can help people develop coping strategies and self-care practices before emotional challenges escalate into more serious mental health problems.

- Visit [StrengthenME.com](https://strengthenme.com). Or, call the phone hotline at:
- Call **(207) 221-8198 or 866-367-4588, seven days a week, from 8 a.m. to 8 p.m.**
- Email questions to info@strengthenme.com

OTHER BEHAVIORAL HEALTH RESOURCES

- **All Mainers** can take advantage of the Statewide Crisis Line 24 hours a day, 7 days a week. If you or someone you know is **experiencing a mental health crisis, call or text 888-568-1112**. It is free, confidential, & staffed by trained crisis clinicians. Seek help immediately if you or someone you know is feeling overwhelmed by depression or anxiety or talking about suicide, feelings of hopelessness or unbearable pain, or about being a burden to others.
- Maines 211 Service - Dial 211, text your zip code to 898-211, email info@211maine.org, or visit <https://211maine.org/> to connect you to a wide range of services in your area.