

Help Starts Here...

The Opportunity Alliance is available 24/7 with the experience, tools, and resources to help you navigate this uncertain time. Whether you have questions about COVID-19 or are looking for help accessing services and resources for you and your family, help starts here.

From your home, you can access our services by telephone or video conferencing (Facetime, Zoom).



Certain issues are hard to navigate, but you're not alone: 2-1-1 Maine can help. We are partnering with the Maine CDC to provide general information regarding COVID-19.

We are available 24 hours a day/7 days a week to provide information and connect you or someone you know to programs and services throughout the state that can help. You can also search our online directory.

Call specialists are available by calling 211, texting your zip code to 898-211, or visiting us online at www.211Maine.org.

Maine Crisis Line (888-568-1112)

The Maine Crisis Line provides statewide, free, and confidential support for people who are feeling anxious, in distress, worried about a loved one, or experiencing a crisis.

Crisis call specialists are responding to crisis calls and supporting Mainers 24/7. They are available by call/text/chat at 888-568-1112.

Access to Services at The Opportunity Alliance (207-874-1175)

We provide a broad array of services to support individuals and families. Call **207-874-1175** to be connected to programs. From your home, you can access our services by telephone or video conferencing (Facetime, Zoom).

Programs include:

- Mental Health & Wellness
- Economic Support (basic needs, heating assistance, WIC)
- Family & Early Childhood Education

