

STRESS AND SUICIDE PREVENTION RESOURCES

updated: June 2026

In an emergency always dial 911

Telephone Hotlines

- **988 Suicide and Crisis Lifeline**
 - Call or Text 988
- **SafeCallNow.org:**
 - 1-206-459-3020 (24/7 hotline operated for and by first responders)
- **Maine Statewide Crisis Hotline:**
 - 1-888-568-1112 (24 hours a day, 365 days a year)
- **Maine Warm Line:**
 - 1-866-71-WARM (9276) peer to peer support serving adults in Maine from 5:00 p.m. until 8:00 a.m. daily
- **TOGUS VA Medical Center:**
 - 1-877-421-8263 (enter extension 4443 or 5515) during business hours; on weekends or in the evenings (enter 0 and ask for Patient Care Coordinator)
- **Military Onesource** 1-800-342-9647 which supplements existing installation services, provides free help and information by phone with a professionally trained consultant or on-line, on a wide variety of issues that affect you and your family—from budgeting and investing to relationships and deployment. It is available whenever you are—24 hours a day, 365 days year.
 - [Call or Live Chat with Military OneSource](#) | [Military OneSource](#)
 - <https://www.militaryonesource.mil/contact-us/>

Other 24-hour resources:

- DHHS Child Abuse and Neglect 1-800-452-1999 (TTY Maine relay 711)
 - Statewide Domestic Violence Helpline 1-866-83-4HELP (4357) (confirmed)
 - [Domestic Violence Support](#) | [National Domestic Violence Hotline](#)
 - <https://www.thehotline.org>
 - 1.800.799.SAFE (7233)
 - Live chat
 - **Infoline 211** offers referrals for health and human services. (dial 211 for referrals)
 - [InfoLine](#)
 - https://portal.ct.gov/dcp/common-elements/consumer-facts-and-contacts/infoline?language=en_US
 -
 - **Statewide, Confidential Sexual Assault Crisis and Support Line 1-800 871-7741 (TTY 1-888-458-5599)**
 - [Maine Sexual Assault Support Centers](#)
 - <https://www.mecasa.org/maine-sexual-assault-support-centers.html>
-

STRESS AND SUICIDE PREVENTION RESOURCES

updated: June 2026

Social Media:

- **BeThe1 Campaign**
 - Use or search #BeThe1To (for social media posts)
 - WWW.BeThe1To.com (website)
- **Crisis Text Line:**
 - Crisis Text Line is free, 24/7 support for those in crisis, connecting people in crisis to trained Crisis Counselors. Our first priority is helping people move from a hot moment to a cool calm, guiding you to create a plan to stay safe and healthy. YOU = our priority. Text CONNECT to 741741 from anywhere in the USA, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and lets you know that they are there to listen.
- **The HOPE LINE:**
 - No matter what you're going through, this is a safe place to get the help you need.
 - Get Help at TheHopeLine | Free Crisis Chat
 - <https://tinyurl.com/mn4aphux>
- **Firefighters Behavioral Health Alliance:**
 - <http://www.ffbha.org/> (website) and on Facebook

Stress and Suicide Prevention Resources Related Websites

- **Code Green Campaign:**
 - www.CodeGreenCampaign.org
 - Mission: Bring awareness to the high rates of mental health issues in first responders and reduce them. Eliminate the stigma that prevents people from admitting these issues and asking for help. Educate first responders on self and peer care and to advocate for systemic change in how mental health issues are addressed by first responder agencies
- **Maine's Suicide Prevention Program:**
 - (Resources, reports, training opportunities)
 - <https://www.maine.gov/suicide/>
- **National Alliance on Mental Health – NAMI – Maine Chapter:**
 - (information, volunteers, resources, training)
 - <https://www.namimaine.org/>

STRESS AND SUICIDE PREVENTION RESOURCES

updated: June 2026

- **Blue H.E.L.P.:**

- <https://bluehelp.org>
- It is the mission of Blue H.E.L.P. to reduce mental health stigma through education, advocate for benefits for those suffering from post-traumatic stress, acknowledge the service and sacrifice of law enforcement officers we lost to suicide, assist officers in their search for healing, and to bring awareness to suicide and mental health issues.
- Blue H.E.L.P. provides family support, statistics, resources and trainings. Contact: contact@bluehelp.org , P.O. Box 539, Auburn, MA 01501

Resources for Veterans and their Families

- **MedlinePlus:**

- People who serve in the military and veterans face some different health issues than civilians. These include physical injuries, health problems from exposure to environmental hazards, and/or mental health problems like depression
- Substance abuse, and PTSD. For more information go to <http://www.nlm.nih.gov/medlineplus/veteransandmilitaryhealth.html>

- **Suicide Prevention Resource Center**

- Provides resources, research, materials, information on trainings, educational tools, and guidance for developing suicide prevention programs. <https://www.sprc.org>

- **Zero Suicide Initiative**

- This is a good resource for information on organizational approaches to addressing and reducing suicide. The Zero Suicide framework is a system-wide
- <https://zerosuicide.edc.org/>

- **Man Therapy**

- <https://www.mantherapy.org/>
- Has 24/7 Lifeline Crisis Chat that “is a place to talk about problems and stress that may be difficult to talk about anywhere else. It's a place to find nonjudgmental support and help through a difficult time. Lifeline Crisis Chat is also place to find information on mental health problems and services. It's a confidential, secure and anonymous way of reaching out for help when you don't know where else to turn.” The site also provides many resources and information regarding stress, depression, substance use disorder, etc...

- **Triple F – Fabulous Female Firefighters**

- Welcome to Triple F: Your Account and Feedback Matters!
- <https://triplefrescue.com>
- Site provides posts and information for female firefighters, EMS and others – includes posts that touch upon stress and suicide in first responder communities. “Triple F is where the world’s fire service sisters come together to motivate, share their experience, and inspire one another. Triple F's intention is to empower first responders in mind, body, and spirit. Our belief is that by creating a fierce sisterhood of resilience and support we can become the strongest and most united women --and men-- in the fire universe! In other words, Fabulous.