# Counseling Resource Handout Template

***ATTENTION RESEARCHERS:***

*This is a template for a handout to be used for studies on sensitive topics where referrals are required. Edit as necessary and delete these instructions. Be sure to provide names of organizations (with contact information and hours of operation) that are relevant to your specific study. All contact information must be accurate and up to date. National directories may be appropriate for online studies where the locations of subjects are unknown.*

***Counseling Services***

**ON-CAMPUS RESOURCES**

Available to UMaine Faculty, Staff, and Students

| **RESOURCE** | **CONTACT** | **HOURS** |
| --- | --- | --- |
| **Counseling Center**  **Cutler Health Building  (Gannet Hall side)**  (FREE to UMaine students) | **207-581-1392**  [**http://www.umaine.edu/counseling/**](http://www.umaine.edu/counseling/) | Weekdays 8:30 am – 4:30 pm  After business hours, call UMaine Police, 581-4040 or 911 |
| **Psychological Services Center**  **330 Corbett Hall**  (Sliding fee scale; costs are your responsibility) | **207-581-2034**  [**https://umaine.edu/psychological-services-center/**](https://umaine.edu/psychological-services-center/) | Weekdays 8:00 am – 4:30 pm |

**COMMUNITY RESOURCES**

Available to Anyone

| **RESOURCE** | **CONTACT** | **HOURS** |
| --- | --- | --- |
| **Community Health & Counseling Services**  42 Cedar Street  Bangor, ME 04401 | **207-947-0366**  [**http://www.chcs-me.org/**](http://www.chcs-me.org/) | Weekdays 8:00 am – 5:00 pm |
| **Maine Crisis Hotline**  (Any costs are your responsibility) | **1-888-568-1112**  [**https://heretohelpmaine.com/**](https://heretohelpmaine.com/) | 24 hours/day, 7 days/week |
| **Psychological Services Center**  **330 Corbett Hall**  (Sliding fee scale; costs are your responsibility) | **207-581-2034**  [**https://umaine.edu/psychological-services-center/**](https://umaine.edu/psychological-services-center/) | Weekdays 8:00 am – 4:30 pm |
| **Contact Your Primary Care Provider**  (Any costs are your responsibility) |  |  |

**NATIONAL RESOURCES**

| **RESOURCE** | **CONTACT** | **HOURS** |
| --- | --- | --- |
| **Behavioral Health Services Locator** | [**https://findtreatment.gov/**](https://findtreatment.gov/) |  |
| **National Suicide Prevention Lifeline, Toll-Free, 24-Hour Hotline** | **Call or Text 988**  [**https://988lifeline.org/**](https://988lifeline.org/) | 24 hours/day, 7 days/week |

# Resources List for Human Subjects Research Studies on Sensitive Topics

The Office of Research Compliance will review this document on a yearly basis. Researchers should verify that the information in this document is current.

## National Resources

* [National Suicide Prevention Lifeline](https://988lifeline.org/)
  + Call or text 988 or visit [their](https://988lifeline.org/chat/) website for internet chat
  + For Spanish speakers: Call or text “AYUDA” to 988 or visit [their](https://988lifeline.org/es/chat/) website for internet chat
  + For deaf and hard of hearing: For TTY Users: Use your preferred relay service or dial 711 then 988; visit their website to access a Videophone for ASL users
  + [Veteran’s Crisis Line](https://www.veteranscrisisline.net/get-help-now/chat/): Call 988 then press 1, Text 838255, or visit their website for internet chat with the Veteran’s Crisis Line
* [Crisis Text Line](https://www.crisistextline.org/)
  + Text HOME to 741741
  + Free, 24/7
  + Online chat accessible via their website
* [National Alliance on Mental Illness (NAMI)](https://nami.org/help)
  + Available Monday through Friday from 10 A.M. to 10 P.M. EST
  + Call 1-800-950-NAMI (6264)
  + Text “Helpline” to 62640
  + Email at [helpline@nami.org](mailto:helpline@nami.org)
  + Teen and Young Adult Helpline: A free nationwide peer-support service providing information, resource referrals, and support to teens and young adults
    - Call 1-800-950-6264
    - Chat on their website
    - Text “Friend” to 62640
* Substance Abuse and Mental Health Services Administration (SAMHSA) resources:
  + [National Helpline](https://www.samhsa.gov/find-help/national-helpline)
    - Call 1-800-662-4357 (free, confidential, 24/7, English or Spanish)
  + [Online treatment locator](https://findtreatment.gov/)
  + [Disaster Distress Helpline](https://www.samhsa.gov/find-help/disaster-distress-helpline) – provides year-round disaster crisis counseling
    - Toll-free, multilingual, 24/7
    - Call or text 1-800-985-5990, press ‘2’ for Spanish
* [National Domestic Violence Hotline](https://www.thehotline.org/)
  + Call 1-800-799-SAFE (7233)
  + Chat available on their website
  + Text “START” to 88788
* [National Sexual Assault Hotline](https://www.rainn.org/resources) (through RAINN)
  + Call 1-800-656-HOPE (4673)
  + Chat available on their website
* [Department of Defense (DoD) Safe Helpline](https://www.safehelpline.org/)
  + Call 877-995-5247
  + Chat available on their website
  + Group chat support groups available on their website

## Maine Resources

* [Maine Crisis Line (MCL)](https://www.opportunityalliance.org/crisis)
  + Voice and text line: 1-888-568-1112 – free, confidential, 24/7 crisis line
  + Live Chat available on their website
  + For adults, youth, and families in Penobscot and Piscataquis counties, [Community Health and Counseling Services (CHCS](https://www.chcs-me.org/mental-health/)) provides 24-hour crisis service through the Crisis Mobile and Stabilization Unit Services (1-888-568-1112).
  + [Other Maine regions](https://www.opportunityalliance.org/crisis) have mobile crisis response teams
* [211 Maine](https://211maine.org/)
  + Helps connect people in Maine to local services – not a crisis hotline
  + Visit [thei](https://211maine.org/)r website for an online directory of services available in Maine
  + Accessible 24/7, in all languages, confidential
  + Voiceline: Call 211
  + Text: text your zipcode to 898-211
  + Email: [info@211maine.org](mailto:info@211maine.org)
* [Peer Support Line](https://www.sweetser.org/programs-services/services-for-adults/peer-services/peer-support-line/) (formerly known as Intentional Warm Line)
  + 24/7 peer-to-peer phone support for adults; recovery-focused conservations with a peer who has life experience with mental health recovery
  + 1-866-771-9276
* [NAMI Maine](https://namimaine.org/teentextline/)
  + Support line (not a crisis line) for teens and youth ages 13-23
  + Text: Friend to 62640
    - Available Monday through Friday 10:00am – 10:00pm
  + Call: 1-800-950-6264
  + Chat available on their website
* [Wabanaki Care Line](https://wabanakiphw.org/departments/healing-and-recovery/)
  + Free, confidential, 24/7 line for immediate help
  + Call 1-844-844-2622
  + Many support services summarized on their website
* [MaineTransNet](https://www.mainetrans.net/)
  + “Provides peer-to-peer support groups, social and community events, and advocacy for the transgender community across Maine…”

## University of Maine Resources (available only for UMaine students)

* [UMaine Counseling Center (free to UMaine students)](https://umaine.edu/counseling/)
  + Open Monday through Friday from 8:00am-4:30pm
  + For distressed students, call 207-581-1392 for a phone consultation between the hours of 8:00am-4:30pm
  + For imminent risk, the UMaine counseling center recommends that you contact UMPD at 207-581-4040 or 911.

## Specialized Resources

* [Centerlink LGBTQ Community Center Member Directory](https://www.lgbtqcenters.org/LGBTCenters)
* [LGBT National Help Center](https://lgbthotline.org/) - free & confidential peer-support, information, and local resources, limited hours
  + LGBT National Hotline: 888-843-4564
  + LGBT National Youth Talkline: 800-246-7743
  + LGBT National Senior Hotline: 888-234-7243
  + LGBT National Coming Out Support Hotline: 888-688-5428
  + [1-on-1 Online Peer-Support Chat](https://lgbthotline.org/chat/)
  + [LGBTQ Teens and Trans Teens Chatrooms](https://lgbthotline.org/youthchatrooms/)
* [The Trevor Project](https://www.thetrevorproject.org/get-help/)
  + Voice: Call 1-866-488-7386
  + Text: text ‘START’ to 678-678
  + Visit [their](file:///C:\Users\shelby\Downloads\their) website to access an online chat and scroll to access breathing and calming exercises.
  + The Trevor Project also offers ‘TrevorSpace’ which is a moderated community for LGBTQ youth to receive peer support.
* [Trans Lifeline](https://translifeline.org/hotline/)
  + Call 877-565-8860
  + Operates 24/7
* [DeQH](https://www.deqh.org/) – DESI LHBTQ+ Helpline for South Asians: 100% confidential support for South Asian lesbian, gay, bi, queer, trans, non-binary, questioning individuals in the united states
  + Call 908-367-3374 on Thursdays and Sundays 8-10pm EST
  + Email available on their website to connect with a peer support volunteer
* [Black Mental Health Alliance](https://blackmentalhealth.com/connect-with-a-therapist/) – offers services to connect with a culturally-competent and patient-centered licensed mental health professional.
* [Therapy for Latinx](https://www.therapyforlatinx.com/) – connect with a service provider through their directory
* [1 in 6](https://1in6.org/) – Support for male survivors of sexual abuse or assault.
  + Free and anonymous [chat-based support groups](https://1in6.org/weekly-online-support-groups/).
* [National Asian American Pacific Islander Mental Health Association](https://www.naapimha.org/aanhpi-service-providers) – connect with a service provider through their directory
* [StrongHearts Native Helpline](https://strongheartshelpline.org/get-help): safe, anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally appropriate support and advocacy.
  + Call or text 1-844-7NATIVE (762-8483)
  + Online chat available via their website

## Veteran Resources

* [Veteran Crisis Line](https://www.veteranscrisisline.net/)
  + Dial 988, then Press 1
  + Text 838255
  + [Chat online](https://www.veteranscrisisline.net/get-help-now/chat/)
  + [Search for local resources](https://www.veteranscrisisline.net/find-resources/local-resources/)
* [Military OneSource](https://www.militaryonesource.mil/)
  + Free, 24/7 for service members and their families to help with a broad range of concerns, including possible mental health problems
  + Call 800-342-9647
* [National Call Center for Homeless Veterans](https://www.va.gov/homeless/nationalcallcenter.asp)
  + Free, confidential, 24/7
  + Call 877-424-3838
  + Online chat accessible via their website