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| *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 this row containing 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 for UMaine Faculty, Staff, and Students** | | |
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| **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 8:00 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/psychology/psychological-services-center/**](https://umaine.edu/psychology/psychological-services-center/) | Weekdays 8:00 am – 4:30 pm |

| **COMMUNITY RESOURCES**  **Available to Anyone** | | |
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| **Community Health & Counseling Services**  **42 Cedar Street**  **Bangor, ME 04401**  (Any costs are your responsibility) | **207-947-0366**  <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/) | 7 days/week 24 hours |
| **Psychological Services Center**  **330 Corbett Hall**  (Sliding fee scale; costs are your responsibility) | **207-581-2034**  [**https://umaine.edu/psychology/psychological-services-center/**](https://umaine.edu/psychology/psychological-services-center/) | Weekdays 8:00 am – 4:30 pm |
| **Contact Your Primary Care Provider**  (Any costs are your responsibility) |  |  |

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| **NATIONAL RESOURCES** |
| **Behavioral Health Services Locator** [**https://findtreatment.samhsa.gov/**](https://findtreatment.samhsa.gov/) |
| **National Suicide Prevention Lifeline, Toll-Free, 24-hour Hotline, 1-800-273-TALK (1-800-273-8255)** |