




Services to help you
- and your family - thrive.

[For Providers & Professionals](#)

[For Clients & Families](#)

 [Maine Crisis Line 1-888-568-1112](#) *Voice & TTY*

[Home](#)

[About Us](#)

[Clinical Services](#)

[Non-Clinical Services](#)

[Get Involved](#)

[Contact Us](#)

For Clients & Families

Are You in Crisis?

- Are you feeling overwhelmed with life with no idea about what to do?
- Have you been struggling to cope with life and are not sure what help is available?



You can call Maine's statewide toll-free crisis line, 1-888-568-1112 any time of day or night to talk with a trained and caring crisis worker.

If you are in Kennebec or Somerset county when you place the call, you will be connected to a crisis worker at Crisis & Counseling Centers.

Crisis & Counseling also has two 24-hour walk-in centers in Augusta and Skowhegan, where you can go for help. (For more information about what will happen when you call, please see our pages under [Crisis Response Service](#) or call 1-888-568-1112 if you need help now.)

Not in Crisis But Still Need Help?

We have a number of services to support your efforts to live a more fulfilled life:

- [Outpatient mental health services](#): We provide individual, marital and family therapy services. Crisis & Counseling Centers has an experienced clinical staff of therapists, psychiatrists and substance abuse counselors who work together to provide you with the services you need.
- [Outpatient substance abuse services](#): Crisis & Counseling Centers provides individual, group, DEEP, and Intensive Outpatient Program services to people significantly affected by substance abuse in their lives. We believe many people struggling with the affects of substance abuse are also confronted with mental health issues, therefore, we provide treatment for both conditions in all areas of our agency.

If you have questions about our non-crisis clinical services, or want to make an appointment, please call our augusta office at 626-3448.

- Our [GEAR Parent Support Network](#) provides support services for parents of children with special emotional and developmental needs. If you would like more information about the services available to you at no cost through this statewide program please call 1-800-264-9224, or [visit our page about GEAR](#).

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Crisis & Counseling Centers 32 Winthrop Street Augusta, ME 04330-5624 Tel 207-626-3448 *Voice & TTY* Fax 207-626-3453

[Home](#)[Top](#)[About Us](#)[Clinical Services](#)[Non-Clinical Services](#)[Get Involved](#)[Contact Us](#)

[For Providers & Professionals](#)[For Clients and Families](#)

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