

# Were you affected by the December & January winter storms?



## StrengthenME Storm Response

A **free & anonymous** program that provides outreach, support, and connection to mental health and resiliency resources and services. Dedicated outreach workers serve as points of connection to help individuals and communities recover after a stressful event.

## WE ARE HERE TO HELP!

Are you experiencing any of the following signs of stress?

- Difficulty falling or staying asleep
- Irritability, outbursts of anger
- Withdrawing from others
- Increased drinking or drug use
- Feeling nervous or “on edge”
- Constant worrying or guilt

### Statewide and National Resources:

#### 2-1-1 Maine:

A free and confidential way to get connected to help. Specialists are available 24/7 to provide information and connect you to local programs and services that can help.

**Visit: [211maine.org](http://211maine.org) or dial 211**

#### Crisis Support Line:

Free and confidential support from trained crisis counselors for mental health-related distress. Available 24/7.

**Call or text: 988**

#### Peer Support Line:

Free and confidential peer-to-peer support for adults. Available 24/7.

**Call: 1-866-771-WARM**

The logo for StrengthenME, featuring the words 'STRENGTHEN ME' in a bold, blue, sans-serif font. The 'E' in 'ME' is stylized with a green silhouette of a forest.

**MORE INFORMATION**

#### Contact:

[MidcoastCHI@mainehealth.org](mailto:MidcoastCHI@mainehealth.org)



• FREE • ANONYMOUS • CONFIDENTIAL

## StrengthenME Storm Local Resource Guide:

**General Assistance helps individuals and families to meet their basic needs. This may include help paying for:**

- Household or personal supplies (toiletries, cleaning supplies)
- Food
- Housing (e.g., mortgage, rent, room rent, temporary housing)
- Fuel & utilities
- Medical, dental, prescriptions, medical supplies/equipment
- Burial costs

You can apply in person at your local municipal office. Contact your local municipal office for more information.

### Housing and Home Repair:

**Tedford Housing:** Provides emergency homeless shelter, housing for previously homeless families and individuals as well as homeless prevention services.

**Contact: (207) 729-1161**

**Habitat for Humanity:** Provides critical home repairs to damaged areas of a home.

**Contact: (207) 504-9332**

**Comfortably Home:** Making home a safer place to stay.

**Contact: (207) 295-3317**

### Food:

**Mid Coast Hunger Prevention Program:** MCHPP provides emergency food and regular pantry hours.

**Contact: (207) 725-2716 x 311**

### Utilities:

**Mid Coast Maine Community Action:** Heating and utilities assistance

**Contact: 207-442-7963**