



FAMILY GUIDE *to the* **Criminal Justice System**

Understanding the criminal justice system and how
to better advocate for yourself or a loved one

Increasingly over the past 10 years...

NAMI affiliates across the country have been assisting individuals affected by **mental illness**, along with members of their families, navigate the criminal justice system. Following the deinstitutionalization movement of the 1960s and 1970s, the number of care facilities – particularly long-term care facilities – was drastically cut to only 14 beds per 100,000 individuals on average. Following the closing of many facilities without adequate planning or funding, jails and prisons have become the United States' largest providers of mental health care.

It is estimated that 64% of jail inmates, 56% of state prisoners, and 45% of federal prisoners have a serious mental illness (NAMI, 2006). The criminal justice system can be daunting and difficult to understand.

This guide is designed to help people impacted by mental illness, whether that be personally or through a loved one, feel prepared to navigate the criminal justice system.



We have borrowed from several existing publications...

to put this manual together and we give them credit here:

A Guide to Mental Illness and the Criminal Justice System, National Alliance on Mental Illness Department of Policy and Legal Affairs, 2008

Mental Illness and the Criminal Justice System, Maine Sheriffs' Association
Mental Health Initiative

Maine.gov, courts.maine.gov, legislature.maine.gov

Restorative Justice Project of the MidCoast, rjpmidcoast.org

Maine Pretrial Services, mainepretrial.org

Maine Judicial Branch, Administrative Office of the Court, Guide for Families in Juvenile Cases, courts.maine.gov/courts/family/index.html



Initial Involvement in the Criminal Justice System

There are several ways that an individual may encounter the criminal justice system. These points of contact could be either criminal or civil. Contact with the justice system typically begins with an encounter with a police officer. This could be in a traffic stop, in response to a call concerning you or a loved one's activity or observed behaviors, or even in response to a call regarding concern over one's safety to themselves or others. The points of contact with the criminal justice system are diverse and understanding what, if any, charges are being brought against you or your loved one is important to informing next steps.

If you think your loved one is a danger to you, themselves, or someone else, calling law enforcement could be your best option if there are safety concerns that crisis workers are unable to address. This could potentially keep you and your loved ones safe, as well as members of your community. Do your best to consider all options before making a final choice of which support services you contact, since the officer has discretion when deciding what to do with your loved one once they are contacted. This guide will help you understand those options and possible outcomes.

An Officer's Response

If an officer is responding to a call where the person in question is known or suspected of having a mental illness it is ideal, for both the individual in crisis as well as the officer, for a certified Crisis Intervention Team (CIT) officer to be requested and respond. These officers have specialized training that includes understanding and identifying mental health signs and symptoms, engaging in role-play activities to become familiar with responding to potential crises, and knowledge on how to successfully deescalate a situation, as well as available community resources.

This training is designed to better equip officers responding to calls that involve individuals with a mental illness or someone in crisis and is nationally recognized as a best practice measure. If you are the one calling the police, try requesting that a CIT officer respond and state the reason why. In many situations, requesting a co-response of a CIT officer and mental health provider or a crisis worker are ideal. When arriving at a scene, an officer will use their discretion given the information and resources they are provided to make the best decision regarding what to do next. The next step could be any of the following.

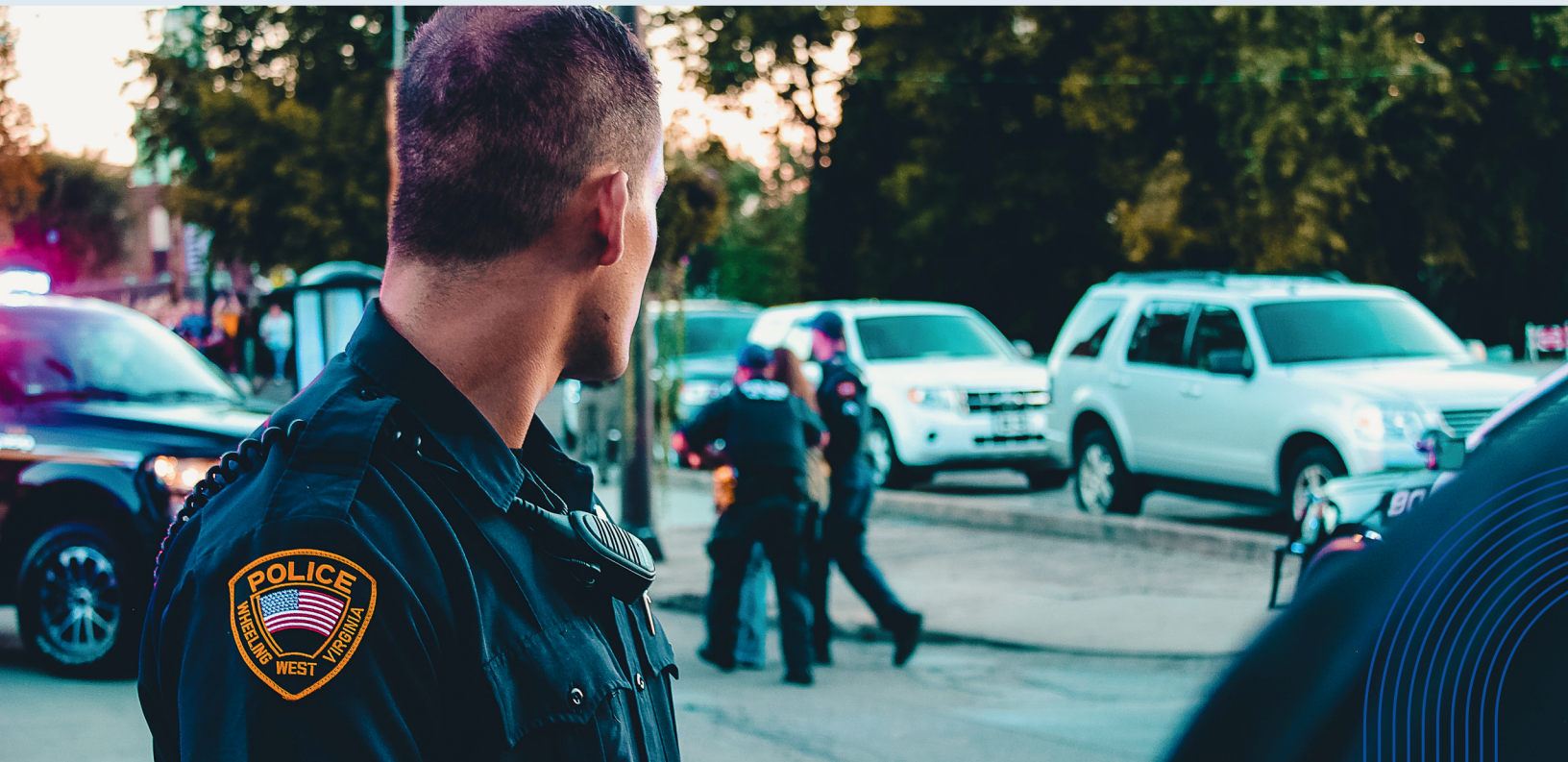


Stabilized at the Scene/Utilized Community Resources

When officers arrive on the scene, they may utilize de-escalation skills in meeting with your loved one. During this time, the officer will assess the situation, attempt to de-escalate, and discuss resources that are available to support your loved one. This may include referring to services they are already connected to, or to mobile crisis services. If the officer arrives and there does not seem to be the need to transport or the necessary criteria for an involuntary transport under the legal statute does not exist, they may leave your loved one in the community.

Voluntary Transport

If an officer arrives on the scene and sees that your loved one may need additional support or they are not able to de-escalate the situation, the officer may offer a voluntary transport to the hospital. This can be completed either through supporting you in transporting them to the hospital or mental health facility, an ambulance transporting if available and appropriate, or the officer transporting them. Each department has different policies regarding how an individual is transported and may be required to handcuff your loved one during the process. It may be helpful to discuss transportation policies and options with the officer separate from your loved one to assist with the transport planning. For this to occur, your loved one must be willing to engage in the transport and seeking out additional support.





Protective Custody

If an officer believes and has evidence that a person poses an imminent threat to themselves or others due to their mental illness or substance use disorder, the officer may place them into protective custody. This will happen if a person is not willing to seek care voluntarily or is unable to give consent. Once someone is in protective custody, they will be examined by a mental health professional and/or medical provider. The officer will either transport them to the hospital or an alternative mental health facility to be assessed by a provider. The transport may be in either an ambulance or a police cruiser. Each department has different policies regarding transportation of individuals in protective custody. However according to Statute 34B, your loved one should be transported by the least restrictive means necessary to maintain safety. This means that if your loved one is not at risk of hurting themselves or someone else during the transport, an ambulance may be the least restrictive option if there is one available.

Taking someone into protective custody does not mean that they are not being charged. Law enforcement is only permitted to arrest or charge a person with a crime if there is probable cause that the person violated a criminal statute. Even if a crime was committed, an officer may use his or her discretion and not charge based on the circumstances. Police are not interested in simply arresting people; 97% of police calls in these situations do not result in a criminal charge. If able, communicate with the officer or the local police station to stay updated on your loved one's possibility of arrest. If a criminal arrest is made, the officer may work with the bail commissioner to provide release of your loved one to seek mental health services or issue a summons instead of taking your loved one into physical custody.

Citation/Summons

If the charge is considered less serious, a citation or court summons might be issued. This means that your loved one is not physically being arrested, but they are still expected to show up for any necessary court dates. The charges that resulted in the summons may be later reduced or dropped at the discretion of the District Attorney's Office. If you have information about the circumstances of the charges or other information that looks at the totality of the situation, you are urged to reach out to the District Attorney's Office with this information. Additional information shared with the District Attorney's Office or law enforcement will result in a more informed decision regarding pursuing or declining the prosecution of the case. If the District Attorney's Office is going forward, it is important that the person charged goes to court on the date of the summons. If they miss a court date, a warrant will be put out for their arrest. Once a warrant has been issued, officers have no discretion and will have to take your loved one into custody if they encounter them for any reason.

Arrest

An arrest is made when law enforcement has probable cause that a person has committed a crime. At that time, a person is taken into police custody. In most cases, they are processed at the local police station or the county jail. Depending on the charges that your loved one is facing and their presentation at the time of the arrest and during the process, the officer can work with the bail commissioner on conditions of release. This may include paying a bail fee, engaging in mental health treatment, avoiding substances, no contact with victims of the crime, and not having further interactions with law enforcement. There are certain charges, such as domestic violence, in which the officers are not legally allowed to provide the option of a bail commissioner and a judge is the only individual who can set bail.



When bail is not an option, your loved one will be taken to the county's jail. They may not be transported immediately to the county jail, depending on the availability and decisions of the bail commissioner or dependent on any further investigations or questioning that needs to occur. They will also need to complete the booking process at the local department in which they were arrested. This means there is a possibility that they will be held at the arresting police department for a period of time. Once they arrive at the county jail, they will complete an intake process. During this time, they will be asked certain questions, including a mental health and medical screening process. If medical attention is needed, law enforcement will provide those services. They will be held in the county jail until they are able to make an initial appearance in front of judge, typically within one business day. At that time, the District Attorney's Office will make preliminary decisions regarding moving forward with the case. When a person makes a court appearance on a criminal charge, they will have an opportunity to speak to an attorney, who will advocate on their behalf. If you have information for either the District Attorney's Office or the representing attorney, you should share that information prior to the court hearing by contacting these individuals by telephone or email.



My family member has been arrested. Now what?

If your loved one has been arrested and you are not at the scene, it may take several hours for you to be notified of their arrest. You will only be notified if your loved one has identified you and provided consent. For this reason, it is a good idea for your loved one to carry phone numbers of their case managers, family members, and advocates. If your loved one has frequent contact with the criminal justice system, or you suspect they may encounter the criminal justice system, you are able to provide contact information to local police departments prior to an incident occurring that can be entered into their computer systems and kept on record.

If you choose to do this, providing information on your loved one's diagnosis may also be beneficial for the department to keep on record to better understand and serve your loved one. Police departments can then enter notes into their systems so if/when they interact with your loved one, they will have your contact information or the contact information of their community providers, information regarding basic mental health history, and any other information they/you feel may be helpful in the moment.

Individuals tend to be held at the jails of the county in which they were arrested, so the county jail in their area is usually the best place to start. All phone numbers and addresses for jails are accessible through the internet or phone books. Inmates are registered according to their name and date of birth. If they are not there, check nearby hospitals. It is possible that even though they are under arrest, the officer determined that they still needed to be evaluated. If this is the case, they will most likely be transferred to the nearby jail following an assessment and being cleared.

Once you are in contact with the jail where your loved one is located, give them information on your loved one and their mental illness if you have not done so already. Most county jails have contract mental health staff, so it is important to notify both the jail administration and the mental health or medical service providers.

Important information can include:

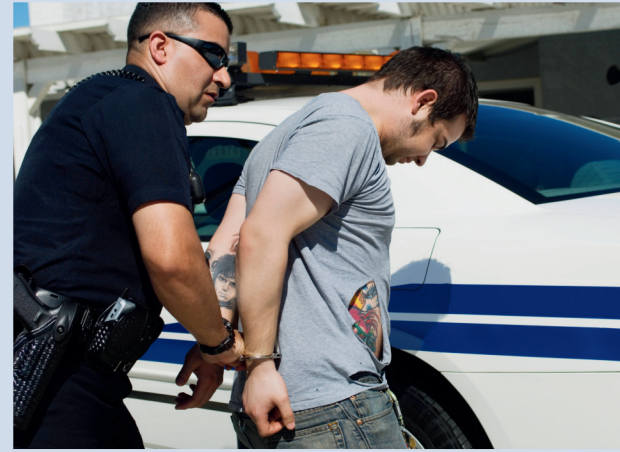
- Your loved one's diagnosis
- Any medication they are on, the prescribing provider and the pharmacy where the medications are received
- History of self-harm or suicide attempts. If you think your loved one is in imminent risk of either, inform the jail staff so they can take appropriate measures to ensure safety
- Any other information you deem important

continued...

If your loved one is over eighteen, work with jail staff in obtaining a release of information form for your loved one. This will allow the jail to give you more information on your loved one if you are not a legal guardian. Keep in mind that your loved one has the right to refuse signing the release, but if you can, try explaining the benefits of you having access to more information. If they do not agree to sign the release of information the jail mental health and medical staff will not be allowed to release information to you, however you are always allowed to provide any pertinent information to them.

Jails are not able to accept prescription medications, therefore it is imperative to notify your loved one's providers and the jail medical staff as soon as possible and assist in facilitating the prescriptions being sent to the jail directly from the pharmacy or provider. It is also important to note that certain scheduled medications are not allowed in the jail setting for various reasons. The prescribing provider and jail staff will work to negotiate allowable options.

Your loved one will go through a booking process. This means they are formally admitted to the jail and given an arrest record. This is another opportunity for a conditional release (meaning they must return for all court dates), but these tend to be reserved for minor offenses. Contacting the District Attorney's Office can be beneficial at this time.



What information am I entitled to?

The information available to you depends on where you are in the process, and if a necessary release of information has been signed. Places to contact include but are not limited to - the police department who arrested your loved one, the jail where they are held, mental health and medical staff at the jail, the District Attorney's Office, and your loved one's defense attorney.

Some information is considered public. For example, charges are public information. Other information may be kept from you to protect your loved one's rights to privacy, or if the information has been deemed as evidence for a case being built against them. It can be difficult to hear that you do not have access to everything. Both the police and the prosecutors may be limited in what information that they can share. They are not being secretive; they are abiding by state law when it comes to investigative and private information.



Involving an Attorney

Lawyers can be an important part of your loved one's support team. If a person is being held in custody on criminal charges, a criminal defense attorney will speak to them, but that same attorney will not be assigned to follow the case. If the court determines that an individual cannot afford a private attorney in a criminal proceeding, one will be appointed. It is important to understand that you do not have the right to a court-appointed attorney in civil litigation. If a person is not deemed to be "indigent" then the court cannot assign an attorney. If the person faces "no risk of jail" due to the less severe nature of the crime (such as a driving offense), then the person will not be assigned an attorney. Many courts, however, are recently appointing attorneys if there are questions regarding a person's mental health concerns. This varies county by county so you may want to check with the court. If you believe that your family member cannot afford to hire an attorney, they may apply to the court for a court-appointed attorney. The court has a financial screener that will help with the application for an attorney.

An attorney is available at the first appearance in front of the court for the purposes of handling the arraignment or the initial appearance and to handle the bail situation. Sometimes it can be difficult to find out who is defending your loved one. The clerk of courts may be able to help you find out who the attorney is. The court records will either include a certificate of representation if your loved one has a private attorney or the identity of the court-appointed attorney. It is important to understand that court-appointed attorneys work with very limited resources, including insufficient funding and excessive caseloads. Try to be patient but persistent.

Private attorneys can be appointed before arraignment. If you would like to hire a private attorney, it is very important to find one who is experienced and effective. You can call the Maine State Bar Association or the Maine Commission on Indigent Legal Services to verify if an attorney specializes in criminal cases and/or working with individuals who have mental health challenges. Some attorneys specialize in criminal defense and work extensively with defendants with mental illnesses. These attorneys have the expertise to handle challenges unique to people with mental illness.

Some agencies have attorneys who will take criminal cases for those who cannot afford to pay. You or your family member can call either Pine Tree Legal Assistance or the Maine Volunteer Lawyers Project for more information about their services. An internet search of the organizations will provide contact information for an office located near you. Keep in mind it can be difficult to reach these organizations, and not all cases are accepted due to limited time, funding, and expertise within the organization.



Working with an Attorney

The District Attorney's Office cannot give legal advice, so it is best to work with the defense attorney on legal issues. If you are a victim of the crime, the District Attorney's Office will help you. Attorneys can give legal advice, serve as a buffer, and defend their clients. They can also be a great advocate for their clients. The best way to understand you or your loved one's case and to receive updates is to work directly with a defense attorney. Often the most accessible person will be the attorney's law clerk or legal secretary, but they can relay information for you. There are two reasons you may want to consider contacting your loved one's defense attorney.

THEY MAY HAVE INFO YOU NEED

The defense attorney is the only person in the criminal justice system who has direct contact with the defendant and who knows the defendant's version of the facts leading to the arrest and what is likely to happen as a result. The District Attorney's Office cannot speak to a represented defendant. The defense attorneys also have the law enforcement officer's and/or victim's versions of what happened (the police report). The defense attorney will also know what the defendant plan (plead guilty or go to trial) and whether they are interested in receiving mental health and/or substance use treatment. **The defense attorney is your best source for information about the case.**

Information *to help your loved one*

The defense attorney will not be able to talk to you about all aspects of the case, as they are required by law to keep a confidential relationship with their client. If you want to talk with the attorney about such information, discuss with your loved one the option of giving consent to their defense attorney to talk to you about confidential matters. If you are the victim in the case, your Witness Advocates or Assistant District Attorney should be able to help you at the District Attorney's Office. You should contact their office directly and inform them that you are the victim.

AID IN DEFENDING YOUR LOVED ONE

The defense attorney probably knows little about the defendant's psychiatric diagnosis and history. Even if the defendant tells the defense attorney that they have a mental illness, the defense attorney may not talk to their client's mental health providers (there may be HIPAA concerns) or family. By contacting the defense attorney, you could inform them about your loved one's mental health history.

RELEVANT FACTS TO SHARE

- Info about their mental illness, any history of hospitalizations, medications, and treatment
- Contact info for their psychiatrist and mental providers
- Witnesses who can confirm their mental illness
- What stressors might have occurred in their life at the time of the offense
- The individual's criminal history
- Support systems and help available to the defendant in the community



Arraignment



An arraignment is the first big court date. It is when a person is formally advised of the charges against them, asked to enter their plea, and allows the judge to set bail if applicable. It is held within 48 hours after the arrest, weekends, and holidays excluded. Family members are allowed at arraignments. If you attend, stay quiet and be respectful. Attending, if possible, is a great way to show support for your family member and can help convince the judge that your loved one is a good candidate for bail. Keep in mind that not everyone is eligible for bail.

There are multiple reasons that someone may be held without bail, including concerns for their safety in returning to the community, the severity of their crime, concerns regarding housing or stability, or whether they are determined to be a flight risk (the court determines they have a potential to flee, or not show up to subsequent court dates). This means that they will be taken back to jail and held until their trial or they will need to post an amount of monetary bail that is used as a mechanism to incentivize them to show up for court and not commit any further crimes. Bail will often come with conditions such as refraining from illegal substances or alcohol or adherence to taking any medications.



Will they have to go through a trial?

Most cases do not actually reach trial. Most cases are settled before that point, as the system is designed to filter cases out whenever possible because of the time and money required for a trial. The District Attorney's Office is guided by acting in the "interests of justice," as opposed to finding people guilty or putting people in jail. Trials are generally also reserved for more serious crimes, like assault or murder. During an arraignment, a defendant will enter their plea to the court. This plea can be guilty, not guilty, or no contest. If someone pleads guilty, this means they are admitting to the crime and accept the full charges. They are either given their sentence at that moment or will be interviewed by a probation officer. Pleading not guilty is what starts someone on the path to a formal trial. Entering a plea of no contest allows the individual to formally state that they will accept whatever consequences the courts state, however they do not admit guilt to the crime.





Other pathways forward include:

01 Plead Deal

This is an arrangement between the defendant and the prosecution in which the defendant agrees to plead guilty in exchange for an agreement on the sentence. This agreement may include reducing a charge, dropping one or more of the charges if the defendant is facing multiple, or switching jail/prison time for a fine and/or probation or entrance into a specialty court such as a mental health or substance use court. Plea deals can be an excellent option, but a defense attorney will discuss this with the defendant if it is a possibility.

02 Filing Without Plea

The defendant may be offered a continuance for dismissal by the prosecutor if the offense is minor. This is called a filing. This means that an appearance will be delayed, usually for six months to a year, during which the defendant must follow certain conditions. No plea of guilty is required. Conditions of the filing may include taking medications, going to treatment, not drinking alcohol, staying in contact with their probation officer, providing restitution to victims, paying court costs, and not committing further offenses. If the person follows the conditions, the charges will be dismissed. If the person does not follow the conditions, charges may be re-filed, and the process could start all over again.

03 Pretrial Diversion Programs

These can look different based on the resources in your area, but may include items such as community service, treatment, case management, restorative justice, and other resources to address the underlying factors that contributed to your loved one's charges and interaction with the criminal justice system. This can include the possibility to take the case to an alternate court or to go through an alternate program. However, these services are not available in every region. There are times that the area courts will negotiate with nearby alternative courts for admission. If this occurs, factors such as transportation to necessary appearances will need to be considered and planned for. The Maine government website (maine.gov) provides information on courts available within the state along with treatment options in various counties. Options will also be discussed more at length in the next section.

Going to Trial

If a trial is deemed necessary, it is easy to feel overwhelmed. Depending on the severity of the charges, trials can be long processes with a lot of waiting time. Whether your loved one is out on bail or in a jail cell, they need to know they have support. If they are not out on bail, try to visit them or call them regularly. Depending on your family and the availability of everyone in their support system, it can be helpful to make a chart to outline who is going to visit and when. Staying positive in a jail cell can be difficult but having people on the outside to talk to can help them remember that they are not alone.

The best thing to do is attend as much of the trial process as you can. Trials can seem scary, especially for someone going through one. Familiar faces can help ease some of that fear. During the trial, stay quiet and be respectful towards the courtroom actors. Interrupting a trial can result in your removal from the court or more serious legal actions. Depending on the circumstances, you may be called as a witness. If this is the case, your loved one's lawyer will walk you through exactly what they need from you. Do not interact with anyone but the defense attorney in the court unless you are told to.





Alternative Outcomes to a Jail or Prison Sentence

No Contact Order/Protection from Harassment/Protection from Abuse

Also known as a protection from abuse order or a protection from harassment order, this is a legal document stating that the defendant must stay away from a specific person or place. If this order is violated, a criminal infraction occurs, and a person could go to jail. Violations can include any contact directly by the individual or by anyone on behalf of the individual. If your loved one has a no contact order/protection from abuse/protection from harassment in place, this includes ALL contact including advocating for them or packages and messages they may send. This means you cannot have any contact with any person or place listed in your loved one's case or order. It also means that you cannot have contact with a person through somebody else. This is considered third party contact.

Restorative Justice

This is an alternative to the criminal justice system that focuses on the rehabilitation of offenders through reconciliation with the harmed parties (victims). Regarding juveniles, Maine is one of the leading states in restorative justice efforts. Two restorative justice centers in Maine include the Restorative Justice Project of the Midcoast and the Restorative Justice Project Maine. Cumberland County has two restorative justice diversion programs in place. The first program involves young adults aged 18 to 25. The other involves adults over the age of 25.

Drug Treatment Court

These special programs are for individuals with substance use disorders that contributed to their criminal behaviors. These individuals are considered high risk for a fatal overdose and have high treatment needs when it comes to their substance use disorder and/or mental health issues. Drug Treatment Courts in Maine handle cases through supervision, drug testing, treatment services, and accountability with the court. While participating in drug treatment court, clients can remain in the community while being supervised by a drug treatment court case manager and other drug court staff. The counties that offer drug treatment courts are Androscoggin, Cumberland, Hancock, Kennebec, Penobscot, Washington, and York.

Co-Occurring Disorders Court

Designed to serve defendants with mental illness and substance use disorders, this court promotes recovery and the development of prosocial skills, thereby improving public safety. This court typically hears cases with less serious crimes. This court is in Kennebec County, however individuals in other areas may attend if they have reliable transportation to required appointments and ability to follow through with other requirements.



Veterans Treatment Court

This specialized court is designed to serve veterans who have been negatively impacted by their service, either through mental health disorders (PTSD), cognitive impairment (traumatic brain injury), or substance use. This enables veterans' agencies and social service agencies to provide treatment for the defendant through contracts and collaborations with treatment providers and peer veteran mentors. These courts are in Kennebec and Cumberland counties, however like the other courts, individuals from other areas may participate as long as they have the resources and supports to engage in all the requirements.

Deferred Disposition

Some defendants are eligible for deferred disposition. In the case of a less serious offense, the judge or prosecutor may offer this alternative. A defendant will be given a list of goals and requirements that they need to meet in a short period of time, typically one year. Once the court meets again, the judge will determine if the defendant has successfully completed those goals and requirements. If they have, the case may be dismissed. However, to obtain a deferred disposition, the individual will have to plead guilty to the charges. If the necessary steps are taken by the end of the year, the charges are dismissed and will not stay on your loved one's record. If the requirements are not met, or your loved one has on-going or new charges that occur during that period, their guilty plea will be entered into the court and they will face sentencing.

Community Corrections

Even if a loved one pleads or receives a guilty verdict, that is not a direct guarantee that they will serve time in prison or jail. Community corrections generally refers to either probation or parole, meaning that all or some of their punishment will be served out in the community instead of being incarcerated. Probation is when someone is released back into the community under the promise of good behavior and agreement of supervision instead of going to prison or jail. Parole is when a person is released from incarceration early under the promise of good behavior and agreement of supervision.

A person under supervision will have an assigned officer in charge of their case. If your loved one does not meet the terms of the probation/parole or has further encounters with law enforcement for criminal acts, the agreement is void and they may be incarcerated. It is important that this officer understands your loved one's mental illness as well and is invited to join their treatment team.





Helping a Loved One Re-enter the Community

Whether they were arrested and not charged, given a citation, held in a cell only before their arraignment, serve a short jail sentence, or serve a longer prison sentence, adjusting to any incarceration and life afterward can be a difficult process. It is important that your loved one can develop a plan with their supports to meet any requirements that have been set or to support them in stabilizing any symptoms that lead to their encounter with law enforcement. All Maine prisons offer discharge planning and community re-entry programs. Most Maine jails offer these programs as well. Even with such programs, your loved one will need additional support when they re-enter the community.

Options to provide support include peer support, therapy, support groups, staying with a family member or close friend, post jail/prison programs, or an outpatient program. If you need help finding resources, try contacting the **NAMI Maine Helpline at 1-888-464-5767, press 1.**

What changes if my loved one is under 18?

If your loved one is a minor, there are some differences in how the justice system will handle the case. If you are their guardian, you will have access to more information and will have to be present during more of the process. It is recommended that you are present for as much as you are allowed. Maine has a court specifically for juveniles. If charges are filed, the Maine justice system is more likely to steer minors towards restorative justice. Restorative justice is designed to rehabilitate an offender rather than taking a more punitive approach.

If restorative justice is not pursued, other options for resolving a juvenile case include deferred disposition (explained above) or an informal adjustment, which means charges are not filed but the juvenile community corrections officer (juvenile probation) is involved to offer help. If the prosecution decides to move forward with a trial, it will be as described above. However, each county typically has specific juvenile prosecutors who are familiar with juvenile law, resources, and developmental and mental health challenges specific to juveniles.

When a minor goes through the justice system, they can get their records sealed so that the public does not have access to that information, but it does not completely erase the case or charge. The court needs a written request to consider sealing the records. If your loved one is a minor, it can be even more important to support them through this stressful process. Check in with them whenever you can, let them know they have a support system behind them, and make sure everyone involved with their case is aware of their mental health diagnosis.



Coping with a Loved One in the System

While going through the justice system is difficult for your loved one, it can also be a difficult time for you and others close to that person, especially if they end up being incarcerated. It is important to take care of yourself during this time.

If you would like support from other family members who have a loved one in the system, you might be interested in attending **The Maine Prisoner Re-Entry Network** family support group Rose's Room. The Rose's Room motto is: "individuals don't go to prison, whole families go to prison." To find a Rose's Room meeting in your area go to: re-entymaine.org or call (207) 998-2547.

NAMI Maine is here to help. You can contact our Helpline to learn about possible resources, attend a support group for peer support, or access our educational programs. At any point during this process, feel free to visit namimaine.org or call (800) 464-5767 to learn how NAMI Maine can support you.



Find Help. Find Hope.

Find



National Alliance on Mental Illness

NAMI | **Maine**



Helpline: (800) 464-5767

Teen Text Support: (207) 515-8398



info@namimaine.org



52 Water Street, Hallowell, ME 04347

Here for Maine. Here for YOU! Through support, education, and advocacy NAMI Maine is dedicated to building better lives for the 1 in 4 Mainers who are affected by mental illness.

CONNECT WITH US

@NAMIMaine



In Crisis? Call or Text 988

If you or someone you know is experiencing a mental health crisis, there are a few different options where help is available...

Maine Crisis Line: (888) 568-1112

The Living Room Crisis Center located at 62 Elm Street, Portland: (207) 535-2096