



Resources

Legal Services for Maine Elders

If you are a Maine resident who is 60 or older, and you would like help making your life safer, call the Legal Services for Maine Elders Helpline at [1-800-750-5353](tel:1-800-750-5353) to talk to an attorney for free.

Sexual Violence Statewide Crisis and Support Line

Immediately following a sexual assault, take whatever steps you can make sure you are safe. You may want to call the statewide sexual assault crisis and support line: [1-800-871-7741](tel:1-800-871-7741) or TTY [1-888-458-5599](tel:1-888-458-5599). When you call, you will be connected to someone nearby who can listen, offer support and information, and help you decide what you want to do next.

Domestic Violence Statewide Helpline

If you need help with a domestic violence situation, call the Helpline at [1-866-843-4357](tel:1-866-843-4357). When you call, you will be connected to someone who can listen, offer emotional support and information, help you with safety planning and help you decide what you want to do next.

Area Agency on Aging

For more information about services that are available in your area, call your local Area Agency on Aging at [1-877-353-3771](tel:1-877-353-3771). Services include: long term care options counseling; identifying possible housing; assisting in receiving benefits; and, providing family support and meals.

Maine Long Term Care Ombudsman

If you are not getting the care that you need from your caregiver, call the Maine Long Term Care Ombudsman at [1-800-499-0229](tel:1-800-499-0229). To learn more about the Ombudsman, [visit the Maine Long Term Care Ombudsman website by clicking here](#).

Maine Council for Elder Abuse Prevention

For more information about elder abuse, ways to prevent it, and agencies in Maine that provide services to people dealing with abuse, [visit the Maine Council for Elder Abuse Prevention's website by clicking here](#).

State of Maine Department of Health and Human Services

Adult Protective Services (APS) - Office of Aging and Disability Services

If you are worried about a senior, you can call and report your concerns to APS. APS provides and arranges for services to protect incapacitated and dependent adults (age 18 and over) in danger of abuse, neglect, or exploitation.

[1-800-624-8404](tel:1-800-624-8404) (Nationwide, 24/7, toll free)

Maine Relay 711 (TTY, 24/7)

National Center on Elder Abuse

For more information about elder abuse and ways to prevent it, [visit the website for the National Center on Elder Abuse by clicking here](#).

Maine Suicide Prevention Program - Hotline

If you are concerned about yourself or about someone else, call the crisis hotline at [1-888-568-1112](tel:1-888-568-1112). If you are not in Maine, call the National Suicide Prevention Lifeline at [1-800-273-TALK](tel:1-800-273-TALK) (8255). For more information, [visit the Maine Suicide Prevention Program website by clicking here](#).

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State of Maine Judicial Branch

The State of Maine Judicial Branch has information available about filing a Protection from Abuse or Protection from Harassment order. [Visit the State of Maine Judicial Branch website by clicking here.](#)

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