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If you are an older Mainer who needs legal help, call our Helpline at [1-800-750-5353](tel:1-800-750-5353). The Helpline is open Monday-Friday 9 a.m.- Noon and 1 p.m. - 4 p.m.

When you call, you will talk to our intake paralegal. Our paralegal will ask you for some basic information about yourself and your legal problem.

One of our Helpline attorneys will call you back. If it is not an emergency, you will typically get a call back within three to five working days. It's very helpful to be ready with any important papers and other information when the lawyer calls.

If you are calling for an older person who needs legal help, we may need their permission before we can talk with you about the legal problem. For more information about this, please read **Understanding the Four C's of Elder Law Ethics**. Get [printer-friendly .pdf version](#). This is a publication of the American Bar Association.

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