

First Church in Belfast UCC Community Resources

Assistance Programs and Contacts

GBAM General Assistance (Greater Belfast Area Ministerium)

Call 323-5171 and leave a message.

GBAM Food Cupboard (open 2nd and 4th Fridays, 9-11am)

Belfast United Methodist Church - 23 Mill Road, Belfast. Call 218-1213.

GBAM Interfaith Fuel Fund

Belfast United Methodist Church - 23 Mill Road, Belfast. Call 338-5575.

Belfast Soup Kitchen

31 Belmont Ave, Belfast. Call 338-4845. Open M-F, 10am-1pm.

City of Belfast General Assistance

131 Church Street, Belfast. Call 338-3370, x120. Open M-Th 7am-6pm.

Important Resources for Behavioral Health

Suicide Prevention/Maine Crisis Hotline

If you or someone you care about is suffering from depression or suicidal thoughts, call the Crisis Line 24 hours a day at **1-888-568-1112** (voice); **711** (Maine Relay to this line). National Suicide Prevention Lifeline **1-800-273-TALK (8255)** (Press 1 for Veteran Crisis Line).

Maine Intentional Peer Support Warm Line

The Intentional Peer Support Warm Line is available toll-free from anywhere in Maine, 24 hours a day, 7 days a week. It is a mental health peer-to-peer phone support program offering mutual conversations with a trained specialist who has life experience with mental health and/or substance use issues and recovery. The focus is to encourage and foster recovery, moving toward wellness and reconnecting with community. **Call 1-866-771-9296.**

Crisis Text Line

The Crisis Text Line is free, 24/7 crisis support by text message. The Crisis Line is staffed with trained volunteers and full-time Crisis Text Line staff who can help you move from a crisis moment to a calm moment. **Text HOME to 741741 to connect with a Crisis Counselor.**

NAMI Maine (National Alliance on Mental Illness)

Call or text the NAMI Maine Helpline at **988**, or call **1-800-464-5767 (press #1)**. <https://namimaine.org/crisis-resources/>

Trevor Lifeline

National 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under age 25. **Call at 1-866-488-7386.** <https://www.thetrevorproject.org/>

Trevor Text

A 24/7 free service through which LGBTQ young people can text a trained counselor of The Trevor Project for support and crisis intervention. **Text START to 678678.**

211 Maine / 211Maine.org

Certain issues are hard to navigate. You're not alone. 211 Maine can help. Connect with Maine specialists at 211 Maine via phone, text, or email. **Call 211 or text your zip code to 898-211.** You can always reach one of our trained professionals by phone, text or email. Accessible 24/7. All languages. Completely Confidential. <https://211maine.org/>