Resources available on-campus at the Maine Center:

- **Crisis support counseling is available to all members of Maine Law and the Maine Center community on Monday.** Empathia counselor, Guisela Pinto-Caballero, will be available from 8am - 5pm on Monday, 10/30, in Room 540. Pre-scheduled appointments will be available from 8am - 12pm, and appointments will be available on a first-come, first-serve basis through the afternoon. Room 539 will be available as a waiting area if needed.

- **Private spaces:** We have held rooms in the building (103, 431, 432, 433) for anyone who may want a moment of privacy on Monday. Those rooms will be available on a first come, first serve basis, and we ask that folks please be respectful and empathetic to each other’s needs.

- The **Prayer & Meditation Room** on the second floor is also available for use as needed.

- As always, resources and referrals are available through the **Student Services Suite** on the second floor.

- I am working on a schedule to provide additional resources and support in the Living Room throughout the week and hope to have that available for you soon.

Resources available through USM:

- **USM Counseling Center:** 207-780-4050 or counselingservices@maine.edu
- **USM Recovery Oriented Campus Center (ROCC):** 207-780-4678
- **USM Military Affiliated Student Hub (MASH):** 207-780-4471 or usm.veterans@maine.edu.
- **USM Public Safety:** In an emergency, dial 911. Otherwise, 207-780-5211.
- **Title IX/ Confidential Resource Advisor:** titleIX@maine.edu (please note that this is temporary while our Title IX Deputy is out--all Title IX student matters should be directed to usm.titleix@maine.edu, following Sarah Holmes’s return on November 15th.) CRA: samantha.figard@maine.edu

Additional Community Resources:

- **Maine Crisis Line (24/7):** 888-568-1112 or chat online
- **Opportunity Alliance Crisis Services (Cumberland):** 207-774-HELP (4357)
- **Tri-County Mental Health Services (Androscoggin):** 888-304-HOPE (4673)
- **National Crisis Text Line (24/7):** Text HOME to 741741 or chat online
- **National Suicide Prevention Hotline (24/7):** Just dial 988.
- Free [Mental Health First Aid](#) training is offered by [NAMI Maine](#).
University of Maine System (UMS) Resources:

The UMS has set up the following, 24/7 resources in the wake of Wednesday night’s tragedy and the continuing aftermath.

The 24/7 Counseling Hotline:
- Dial 1-866-713-1978
- You will be greeted with “ProResponse. How may I help you?” Please mention that you are associated with the University of Maine System

Confidential Services Available:
- Immediate Phone Support: Speak with mastered-level clinicians who are available to listen, help process emotions, and provide emotional support.
- Referral to Counseling: Referrals for in-person or virtual counseling sessions are available, with up to 3 sessions provided at no cost.
- Resource Connection: Assistance in connecting to additional resources that may be beneficial.

As always, please reach out to law.studentaffairs@maine.edu with questions or referral requests.