

What can you do?

- ❖ Consult HR or an employment attorney.
- ❖ Familiarize yourself with the company benefits plan.
- ❖ Drug free workplace - clear expectations with written policies
- ❖ Have compassion and resources at the ready
- ❖ Help reduce Stigma
- ❖ Educate on how substance use impacts health, productivity, and teams

Maine COVID-19 Support Resources

If you need resources or support, please contact one of the numbers below....

Non-Crisis Peer Support	Maine Crisis Line	Information & Referral Resources
<p>Statewide Intentional Warm Line</p>  <p>1-866-771-9276</p> <p><small>Offers non-crisis peer support 24 hours a day/7 days week</small></p>	 <p>1-888-568-1112</p> <p><small>To access your local, mobile crisis services, please call the statewide hotline above...</small></p> <p><small>Offers crisis phone support 24 hours a day/7 days week</small></p>	 <p>Dial 211 on your phone</p>  <p>Text Your Zip Code to: 898-211</p> <p><small>Contact for information related to COVID-19 and/or referrals to needed services</small></p>

Additional Resources:

- Northern Light Acadia Hospital 207.949.4634
- <https://www.maine.gov/dhhs/samhs/virtual-recovery.shtml>