



## GETTING HELP IS A SIGN OF STRENGTH.

211 Maine is a free, confidential helpline available 24 hours a day, 7 days a week.

### When you CALL 211:

After you dial 211, select option "6" to access the opiate helpline. A Maine-based specialist will refer you to a provider who can help.

A specialist will answer your questions to the best of their abilities. You will receive encouragement and support to help you or your loved one.

### When you TEXT 211:

You will be connected with a Maine-based specialist. The specialists will text you back asking what services you are looking for and give you referrals as close to where you live as possible.

**211 is free and confidential.**

DIAL 211 toll free

TEXT your zip code to 898-211

EMAIL [info@211maine.org](mailto:info@211maine.org)

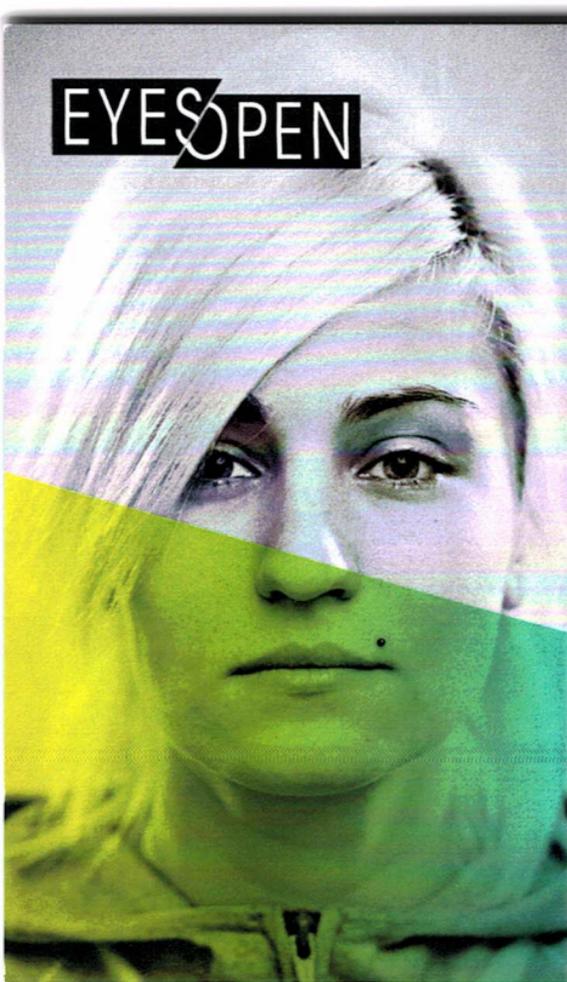


FOR MORE INFORMATION VISIT:

[211maine.org](http://211maine.org)

[eyesopenforme.org](http://eyesopenforme.org)

In the event of an emergency, please call 9-1-1



**EYES OPEN**

**PRESCRIPTION DRUG, HEROIN, AND  
OTHER OPIOID MISUSE CAN AFFECT  
YOUR FAMILY AND FRIENDS.**

**TAKE ACTION TODAY.**

**1. STORE YOUR MEDICINE SAFELY:**

Lock all medicine in a safe place out of children's reach. Remember to keep medicine in their original containers.

**2. DISPOSE OF UNUSED MEDICINE:**

Find a Drug Take Back location near you:  
[eyesopenforme.org/drug-take-back](http://eyesopenforme.org/drug-take-back)

**3. DON'T TURN A BLIND EYE:**

If someone you know needs help call 211  
or text your zip code to 898-211.

