

Find Help. Get Help.

Are you looking for resources to help you better manage your chronic disease, such as heart disease, cancer, diabetes or lung disease?

2-1-1 is where you start.

2-1-1 Maine can direct you to resources in your community to help you manage your health. Get connected to health screenings, support groups and free health information.

Dial 2-1-1 or visit 211maine.org.

Visit

KeepMeWell.org

Learn how to improve your health and learn about low-cost health-care services!

Maine 
2-1-1™
Get Connected. Get Answers.

United Ways of Maine
Youth Alternatives Ingraham