

# *Wings for Children and Families*

## **30 Day Safety Plan**

Within the next 30 days, your Care Coordinator will assist you in developing a Safety Plan that is unique to the needs of your child. Until that time, you are encouraged to use existing crisis services that are available in the community. Several of these resources are outlined below.

**[The Maine Crisis Line](#) (MCL) is the state’s crisis telephone response service for individuals or families experiencing a behavioral health crisis or having thoughts of suicide and/or self-harm. Trained crisis call specialists answer the line, providing free, confidential telephone support and stabilization services 24 hours a day, 7 days a week.**

To reach the Maine Crisis Line, call  
**(888)568-1112**

Additional resources you may find helpful:

<b>Emergency Services: 911</b>	<b>Maine Resource Directory: 211</b>
<b>Disability Rights Maine: (800)452-1948</b>	<b>Poison Control: (800)222-1222</b>
<b>Wings: (207)941-2988 or (800)823-2988</b>	