

# CRISIS SERVICE

## Adult and Youth Crisis Service

For adult & youth in Penobscot and

Piscataquis counties at

1-888-568-1112

(VOICE OR TTY)

### Services Offered:

- Mobile Crisis Assessment
- Sojourn Children's Crisis Unit
- Safe Harbour Crisis Unit

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*Some services funded in part by DHHS.*

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#### NOTICE OF NONDISCRIMINATION

In accordance with all applicable state and federal laws and regulations cited below\*, Community Health and Counseling Services (CHCS) does not discriminate on the basis of race, color, religion, sex, sexual orientation, gender identity, national origin, disability, age, genetic information, and status as protected veteran, or any other trait that is protected under local, state or federal law in admission or access to, or treatment or employment in, its programs or activities.

CHCS has an Affirmative Action Program (AAP) which is available for inspection by any applicant or employee at the Human Resources office between 8:30 am and 4:00 pm on any work day. Individuals wishing to inspect the AAP should contact the Director of Human Resources to establish a time which is convenient to review the material.

The person whose name appears below has been designated to coordinate our efforts to comply with the U.S. Department of Labor regulations implementing these Federal laws. You may contact this person for further information about these regulations and our grievance procedure for the resolution of discrimination complaints.

Paige Allen, Director of Human Resources  
(Name and Title of Designated Coordinator)

Main Headquarters: 42 Cedar Street  
Bangor, Maine 04401

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\* - Title VII of the Civil Rights Act of 1964, as amended. (Executive Order 11246)  
42 U.S.C. ss2000e.);  
- Title I and Title V of the Americans with Disabilities Act of 1990, as amended. (42 U.S.C. ss12101);  
- Section 503 of the Rehabilitation Act of 1973, as amended (29 U.S.C. ss791)  
- Age Discrimination in Employment Act of 1967, as amended (42 U.S.C. ss621)  
- Title II of the Genetic Information Nondiscrimination Act of 2008  
- The Vietnam Era Veterans Readjustment Assistance Act of 1974, as amended  
(38 U.S.C. ss4212) Rev 09/2014

EEO Employer/Vet/Disabled



*You are not alone.  
We are here to help.*

- We provide 24-hour crisis service for you and your family.
- You and your family will be treated with dignity and respect.
- Crisis Service is available regardless of your ability to pay.

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A program of  
Community Health and  
Counseling Services  
(CHCS)

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## CHCS Crisis Service offers the following:

- We can just talk with you on the phone.
- We can meet with you in any safe place to talk about the struggles you are having.

## Consider Calling Us If:

- You are having a difficult time coping.
- You are overwhelmed with stress.
- You are thinking about hurting yourself or others.
- You are thinking about killing yourself.
- You are not sure where to turn for help.
- You and your family are experiencing difficulty.

*Most people experience a crisis at some point in their life.*



## When we meet with you, we will talk about:

- Helping you to come up with a plan that can make you feel better.
- Planning for you and your family's safety.
- Helping you to connect with counselors, doctors and other services which could be helpful.

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