



YCCC CARES

MENTAL HEALTH RESOURCE LIST

- BetterMynd** Free Online Counseling for students
[Sign in to BetterMynd](#) – Book a session
- Allison Engelhardt** (Counselor on campus on Wednesdays & Thursdays – Room 205)
[YCCC Counseling \(office365.com\)](#) - Book an appointment
counselingservices@yccc.edu – Email
- CARE Team** YCCC (Coordination, Assessment, Response & Education)
[CARE TEAM Form \(libwizard.com\)](#) – Submit a referral
- Campus Safety** (207) 216 - 4413 -or- safety@yccc.edu
- 211 Maine** Call, Text or Website (Extensive Resource connections)
[211 Maine | Services Directory & Assistance Programs](#)
- Sweetser Mobile Crisis Interventions** 888.568.1112
[Mobile Crisis Interventions - Sweetser](#)
- Intentional Warm Line** 866.771.9276 (WARM) - 24/7 Mental Health Peer to Peer Support
[Intentional Warm Line - Sweetser](#)
- Choose To Be Healthy** Resource List: Crisis, Treatment, Support Services
[Help Card 2022 — Inform ME \(squarespace.com\)](#)