

Legal Resources and Referrals

GENERAL

Maine State Bar Association Lawyer Referral Service

The Lawyer Referral Service helps people in need of legal services and or representation find the right attorney or organization through an online form.

Website: <https://www.mainebar.org/page/LawyerReferralService>

ABA Free Legal Answers

Website: <https://maine.freelegalanswers.org/>

CHILD CUSTODY / CHILD SUPPORT

Pine Tree Legal Assistance

Phone: (207) 774-8211; hours are as follows:

Mondays 12:00 - 2:30

Tuesdays 9:00 - 11:30

Thursdays 9:00 - 11:30

Website: <https://ptla.org/contact-us>

Volunteer Lawyer's Project

Phone: If you have no internet access/computer, you can call the intake line in Southern Maine on Mondays between 1:00 p.m. and 3:30 p.m. or Fridays between 9:00 a.m. and 11:30 a.m. at 1-800-442-4293. For Northern Maine, please call 1-888-956-4276 on Fridays between 9:00 a.m. and 12:00 noon.

Website: <https://www.vlp.org/for-those-seeking-legal-assistance>

CONSUMER PROTECTION

Legal Services for Maine Elders

Legal Services for Maine Elders provides persons age 60 and over with free legal advice regarding health care, health insurance, Medicare (including Part D), MaineCare (Medicaid), Social Security and other public benefits, pension and retirement benefits, powers of attorney, consumer matters including creditor and bankruptcy problems, physical and financial abuse, guardianship defense and other issues.

Phone: (800) 750-5353

Website: <https://mainelse.org/>

DISABILITY RIGHTS

Disability Rights Maine

Disability Rights Maine is a legal services organization that advocates for and represents people with disabilities.

Phone: (800) 452-1948

Online Request for Legal Assistance: <https://drme.org/online-intake-form>

EDUCATION & CHILDREN'S RIGHTS

Kids' Legal

Phone:

Monday 12:00p.m. - 2:30p.m.

Tuesdays 9:00a.m. - 11:30a.m.

Thursdays 9:00a.m. - 11:30a.m.

During call center hours, you can reach Kids' Legal at any one of the below local numbers:

Aroostook County: 207-764-4349

Penobscot, Piscataquis, Waldo Counties: 207-942-8241

Kennebec, Somerset, Knox, Lincoln Counties: 207-622-4731

Cumberland, York and Sagadahoc Counties: 207-774-8211

Androscoggin, Franklin and Oxford Counties: 207-784-1558

Washington and Hancock Counties: 207-255-8656

Website: <https://kidslegal.org/contact-us>

Maine Human Rights Commission - Education Complaint

Any person who believes that they have been subjected to unlawful discrimination covered under the Maine Human Rights Act may file a complaint with the Commission.

Website: <https://www.maine.gov/mhrc/file>

ELDER/SENIOR ISSUES

Legal Services for Maine Elders

Legal Services for Maine Elders provides persons aged 60 and over with free legal advice regarding health care, health insurance, Medicare (including Part D), MaineCare (Medicaid), Social Security and other public benefits, pension and retirement benefits,

powers of attorney, consumer matters including creditor and bankruptcy problems, physical and financial abuse, guardianship defense and other issues.

Phone: (800) 750-5353

Website: <https://mainelse.org/>

EMPLOYMENT DISCRIMINATION AND OTHER EMPLOYMENT DISPUTES

Free Virtual Workers' Rights Legal Clinic, hosted by the Southern Maine Workers Center and Volunteer Lawyers' Project

The Southern Maine Workers' Center partners with the Volunteer Lawyers Project to host a virtual Workers' Rights Legal Clinic (WRLC) weekly on Thursday from 5-7pm over Zoom or phone. At the clinic, you can talk to a volunteer lawyer for a free half hour consultation. You can get advice on topics such as your legal rights at work, how to report legal violations by your employer, the process for bringing legal claims, and how to find legal representation or represent yourself.

Website: <https://maineworkers.org/our-work/support-for-workers/>

Maine Human Rights Commission

Any person who believes that they have been subjected to unlawful discrimination covered under the Maine Human Rights Act may file a complaint with the Commission.

Phone: (207) 624-6290

Website: <https://www.maine.gov/mhrc/file>

HOUSING OR HOMELESSNESS, INCLUDING EVICTIONS OR NEIGHBOR-TO-NEIGHBOR CONFLICTS

Pine Tree Legal Assistance

Phone: (207) 774-8211; hours are as follows:

Mondays 12:00 - 2:30

Tuesdays 9:00 - 11:30

Thursdays 9:00 - 11:30

Website: <https://ptla.org/contact-us>

211 Maine

Phone: dial 211

Website: <https://211maine.org/basic-needs/>

Preble Street

Phone: (207) 775-0026

Website: <https://www.preblestreet.org/contact/>

IMMIGRATION

Immigrant Legal Advocacy Project (ILAP)

ILAP provides a full range of immigration legal services. All individuals seeking ILAP's assistance with an immigration matter must first request an intake appointment. See the link below for more information.

Phone: (207) 780-1593

Website: <https://ilapmaine.org/request>

Clinics at Maine Law

Phone: Hours are between 8:00 am and 4:00 pm, Monday through Friday:

(207) 780-4370 (Greater Portland area)

(877) 780-2522 (toll free, outside of Greater Portland area)

Website: <https://mainelaw.maine.edu/public-service/clac/>

LGBTQ+ Discrimination

GLBTQ Legal Advocates & Defenders (GLAD)

GLAD works in New England and nationally to create a just society free of discrimination based on gender identity and expression, HIV status, and sexual orientation.

Email: GLADAnswers@glad.org

Phone: 800-455-GLAD

Website: <https://www.glad.org/know-your-rights/glad-answers/>

MaineTransNet

MaineTransNet is a community-based organization led by transgender people for transgender people.

Website: <https://www.mainetrans.net/>

MENTAL HEALTH SUPPORT

Sweetser Peer Support Line

The Peer Support Line is available toll-free from anywhere in Maine, 24 hours a day, seven days a week. It is a mental health peer-to-peer phone support line for adults, aged 18 and older, offering mutual conversations with a trained peer specialist who has life experience with mental health recovery.

Phone: 1-866-771-9276

Maine Crisis Line

1-888-568-1112 will take you to the Maine Crisis Line. 711 will take you to a deaf and hard of hearing alternative. This number is reliably staffed with trained crisis call specialists with Maine specific information. Free and confidential telephone support and stabilization is available 24 hours a day, 7 days a week.

Website: <https://www.sweetser.org/programs-services/services-for-children-families/crisis-services/>

Phone: 1-888-568-1112

Trans Lifeline

Trans Lifeline is a trans-led, focused, and staffed crisis line. All calls are answered by transgender identified volunteers and the Trans Lifeline has a strict policy of never calling the police or other emergency response services on trans people in crisis.

Phone: 1-877-565-8860

Website: <https://www.translifeline.org/>

Trevor LifeLine

The Trevor Lifeline is a program of the Trevor Project, and is a crisis support service for LGBTQ+ young people 24 years old and younger. In addition to the crisis hotline, it also has a text line and online chat function.

Phone: 1-866-488-7386

Website: <https://www.thetrevorproject.org/get-help-now/>

SEXUAL ASSAULT/DOMESTIC VIOLENCE/ HARASSMENT/CYBERSTALKING**Statewide Domestic Abuse Helpline**

This will take you to your local domestic violence resource center, which is staffed by volunteer advocates. They can offer you emotional support, legal and support resources, and potentially shelter.

Phone: 1-866-834-HELP; Deaf or Hard of Hearing: 1-800-437-1220

Website: <https://www.mcedv.org/get-help/>

Sexual Assault Helpline and Chat

This number will refer you to your local Sexual Assault response center, which all have volunteer advocate staffed hotlines. Many also provide accompaniment to hospitals for sexual assault forensic exams, and can refer you to other services to assist with navigating your legal and support options. Chat options are also available.

Phone: 1-800-871-7741

Website: <https://www.mecasa.org/online-help.html>

Pine Tree Legal

Pine Tree Legal provides civil legal services to survivors through a direct referral process from sexual assault and domestic violence agencies throughout the state (listed above).

Education and Self Help materials are available on Pine Tree Legal's website:

<https://www.ptla.org/family-law-and-victim-rights-unit>.

SMALL CLAIMS

Volunteer Lawyer's Project

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CIVIL RIGHTS

United States Attorney's Office - District of Maine Civil Division

Maine U.S. Attorneys, in coordination with the Civil Rights Division of the Department of Justice, welcome information from the public regarding possible violations of our nation's civil rights laws. You may wish to fill out their Civil Rights Complaint Form, found at the website linked below.

Website: <https://www.justice.gov/usao-me/civil-division>