

LOCAL FAMILY RESOURCE SHEET

Portland, Cumberland County Family Resource Quick Sheet

A short local starting sheet for safety, official help doors, school or care-team coordination, and one realistic next step this week.

You may be here because You need a local starting point and a reminder to verify current official information before relying on it.	This guide helps you A short local starting sheet for safety, official help doors, school or care-team coordination, and one realistic next step this week.
First safe step Write down your town, county, and the official office or support door you need to verify.	This is not This does not replace 911, crisis help, legal advice, medical or mental-health care, safety planning, official forms, or current local verification.

Safety first: Immediate danger belongs with 911. Call or text 988 for crisis support. Maine Crisis Line: 1-888-568-1112. If abuse, coercive control, stalking, or fear may be present, use a safe device and trusted support before joint communication, counseling, or mediation.

Current online version and related tools
<https://focaf.jtforme.com/resources/>



Portland, Cumberland County: start with one safe step

Use this page to slow things down, check safety, and choose one practical next step. Verify current local information before relying on it.

- Call 911 first if anyone is in immediate danger.
- Write down the town, county, school district, and support need.
- Verify court, school, legal-aid, crisis, housing, and service information through official sources.
- Choose one next step this week: a call, school note, counseling inquiry, resource request, or document folder.

Child-centered note for Portland, Cumberland County Family Resource Quick Sheet: Save only what helps with safety, stability, school, health, routines, support, or the next clear step.

Official help doors to verify

Use this table as a reminder. Deadlines, locations, eligibility, and forms can change.

Need	Where to verify	Your note
Immediate danger	911	
Crisis support	988 or Maine Crisis Line	
Court forms or procedures	Maine Judicial Branch or clerk office	
Legal help	Legal aid, VLP, Pine Tree Legal Assistance, or qualified counsel	
School coordination	School office, counselor, special services, or district website	
Food, housing, transportation, childcare	211 Maine or local service provider	

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This week planner

Keep the plan small enough to finish.

Day	One step	Who can help
Today		
Tomorrow		
This week		
Follow-up		

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Local notes to verify yourself

Use this for your own notes. Do not send private child or case details to a general website or untrusted form.

School or provider contact	
Court or official office	
Counseling/support option	
Transportation or childcare need	
Next appointment or call	

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Keep personal details private

Use these pages for your own planning. Share sensitive details only with trusted helpers, qualified professionals, official agencies, legal counsel, or emergency/crisis support when needed.

- Do not put child names, medical records, sealed records, confidential court materials, or private allegations into broad emails, social media, or untrusted forms.
- Store sensitive documents somewhere safe.
- Ask a qualified professional or official office when safety, health, legal process, or deadlines are involved.
- Use general review notes only for wording, policy, process, safety, clarity, and implementation suggestions.

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Before you stop

Pick one next step that is safe, realistic, and helpful.

One thing I can do today	
One support door to check	
One document or note to organize	
One person or provider to update	
One thing to leave for later	

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