

## December 4, 2024 ECHO Resource Sheet

### Finding a counselor

**Maine Psychological Association:** <https://mepa.org/practitioners/>

### For people with a history of trauma and trafficking

**Preble Street Anti-Trafficking Service:** <https://www.preblestreet.org/what-we-do/anti-trafficking-services/>

### Basic needs for individuals and families

**Maine Needs:** <https://www.maineneeds.org/>