



Statewide Resource Guide

*For immediate assistance during a mental health crisis,
call the Maine 24-Hour Crisis Hotline at (888) 568-1112.*

For any other support, education, and referrals,
call the NAMI Maine Help Line at
(800) 464-5767 or email helpline@namimaine.org

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Statewide Resources

Crisis Services

Maine 24-Hour Crisis Line	1-888-568-1112	If you are concerned about yourself or about somebody else, call the crisis hotline to be connected with your local crisis center.
Emergency Response Services	911	
Poison Control	1-800-222-1222	The Northern New England Poison Center is your source for fast information and expert advice. Whether you've taken too much medicine, spilled a chemical on your skin, or just have a question, they are there for you.
Veteran's Crisis Hotline	1-800-273-8263 http://veteranscrisisline.net	The Veteran's Crisis Line connects veterans in crisis and their families and friends with qualified, caring responders through hotline, online chat, or text.
National Suicide Hotline	1-800-273-8255 Text: 741741	The National Suicide Hotline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Hot Lines

NAMI Maine Helpline	1-800-464-5767	The Helpline is a safe and confidential mental health service for peers, professionals, friends, and family members.
Child Abuse	1-800-452-1999	Use to report suspected child abuse or neglect. Calls may be made anonymously unless the person making the call is a mandated reporter
Adult Protective	1-800-624-8404	The Office of Adult and Family Services provides or

		arranges services to protect incapacitated and dependent adults (age 18 and over) in danger of abuse, neglect, or exploitation.
Intentional Peer Warm Line	1-866-771-9276	Toll-free anywhere in Maine, 24 hours per day/7 days per week. Peer to peer recovery focused conversations.
Sexual Assault Response	1-800-871-7741	
Domestic Violence	1-866-834-4357	
Maine Tobacco Helpline	1-800-207-1230	When you're ready to quit, just call.
211	211	Out of state: 1-877-463-6207 One number – thousands of referrals.
Drug Tip Hotline	1-800-452-6457	
The Women's Project	1-877-429-6884	For those concerned about pregnant and parenting women affected by substance abuse.
Alcoholics Anonymous	1-800-737-6237	During business hours your call will be taken by a member of AA who knows exactly what you are going through. At night, there is a well-qualified answering service that can provide meeting information.
Narcotics Anonymous	1-800-974-0062	Call to talk to a recovering addict about your own needs.
Alanon	1-800-498-1844 284-1844	Hotline for anywhere in Maine.

NAMI Maine Affiliates

NAMI Bangor	Betsy at 207-866-3307	Serving Penobscot County
NAMI Bath-Brunswick	Tracie at 207-798-5891 or Val at 207-319-7956	Serving Sagadahoc and parts of Cumberland County
NAMI Mid-Maine	Tonya at 207-622-5767 x2305	Serving Kennebec and parts of Somerset County
NAMI Piscataquis County	Beth at 207-924-7903	Serving Piscataquis County
NAMI Western Mountains, ME	Dot at 207-364-2197	Serving Franklin and Oxford Counties
NAMI York	Tonya at 207-622-5767 x2305	Serving York County
NAMI Portland	Susan Stover at namiportland@gmail.com	Serving Cumberland County

Support & Advocacy

<p>NAMI Maine 52 Water Street Hallowell, ME</p>	<p>1-800-464-5767 or 207-622-5767 www.namimaine.org helpline@namimaine.org</p>	<p>Through support, education, and advocacy, NAMI Maine is dedicated to building better lives for the one in four Mainers who are affected by mental illness.</p>
<p>Advocacy Initiative Network of Maine PO Box 878 Bangor, ME</p>	<p>207-941-4734 or 1-888-375-5969 Fax: 207-561-5050 www.thenetwork123.com ainfrontdesk@adelphia.net</p>	<p>The Advocacy Initiative Network's mission is to support the creation and sustainability of programs and initiatives that provide better quality of life for Maine consumers.</p>
<p>Consumer Council of Maine 55 Middle Street, Suite 2 Augusta, ME</p>	<p>207-430-8300 or 1-877-207-5073 Fax: 207-430-8301 www.maineccsm.org info@maineccsm.org</p>	<p>The CCSM is responsible for providing an independent and effective consumer voice in mental health public policy, services, and funding decisions.</p>

Online Mental Health Resources

State of Maine	http://www.maine.gov/portal/index.html	Online portal to agencies, services, and state assistance.
My Maine Connection	https://www1.maine.gov/benefits/account/login.html	Online connection to food supplement, health care, cash assistance, and/or childcare benefits.
State of Maine	http://www.maine.gov/portal/online_services/index.html	Direct online menu of state services.
State of Maine	http://www.maine.gov/portal/government/state-agencies.php	Alphabetical listing of state agencies.
State of Maine	http://www.maine.gov/dhhs/samhs/mentalhealth/wellness/social/index.shtml	Contact information for social clubs, club houses, peer support centers, and some self-help groups in Maine.

My Maine Therapist	www.mymainetherapist.com	Search engine for therapists in Maine.
Maine Psychological Association	http://mepa.org	Represents 600+ psychologists and psychological examiners in Maine.
Psychology Today	www.psychologytoday.com	Multiple resources for help with mental health needs.
HealthGrades	www.healthgrades.com	Search engine for doctors in Maine.

Online Health Insurance Resources

Public assistance applications (MaineCare, food stamps)	http://www.maine.gov/dhhs/ofi/public-assistance
Affordable Care Act resources	http://www.maine.gov/pfr/insurance/ACA_Index.html
1-800-318-2596: This phone line is available 24/7 (closed Memorial Day, July 4 th , and Labor Day)	www.healthcare.gov
Online resources for Maine's best summer camps	http://mainecamps.org/camp/

Androscoggin County

Support Groups

<p>Combined Support Group Every 4th Monday of the month from 6:00-7:30 PM</p> <p>Auburn Public Library, Conference Room (Ground floor) 49 Spring Street Auburn, ME</p>	<p>Contact: Tonya at 207-577-6824 or tonyabaileyc1@gmail.com</p> <p><i>Support groups do not meet on Christmas Eve, New Year's Eve, or other federal holidays.</i></p>	<p>A support group for family members with loved ones living with mental health disorder.</p>
<p>Connections Support Group 2nd Wednesday of each month from 6:00-7:30 PM</p> <p>Victory Christian Church 1680 Federal Road Livermore, ME</p>	<p>Contact: Greg at 207-418-4233</p> <p><i>Support groups do not meet on Christmas Eve, New Year's Eve, or other federal holidays.</i></p>	<p>A support group for peers living with mental health disorders and shared life experiences.</p>

Hospitals in Androscoggin County

<p>Central Maine Medical Center 300 Main Street Lewiston, ME 207-795-0111</p>	<p>St. Mary's Medical Center 93 Campus Avenue Lewiston, ME 207-777-8100</p>	<p>Western Maine Family Health Center 16 Depot Street, Suite 300 Livermore Falls, ME 207-897-4345</p>
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Emergency Housing Services

<p>Abused Women's Advocacy Project Auburn, ME</p>	<p>Domestic Violence Shelter</p>	<p>800-559-2927</p>
<p>Hope Haven Gospel Mission Lewiston, ME</p>	<p>General Shelter</p>	<p>207-783-6086</p>
<p>New Beginnings Lewiston, ME</p>	<p>Youth Shelter</p>	<p>207-795-7040</p>
<p>Rural Community Action Ministries Leeds, ME</p>	<p>General and Family Shelter</p>	<p>207-524-5095</p>
<p>St. Martin de Porres Residence Lewiston, ME</p>	<p>Adult Shelter</p>	<p>207-786-4690</p>

Housing Services

<p>Auburn Housing Authority 20 Great Falls Plaza</p>	<p>207-784-7351 Fax: 207-784-5545</p>
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PO Box 3037 Auburn, ME	
Lewiston Housing Authority 1 College Street Lewiston, ME	207-783-1423 Fax: 207-783-8648

Employment Support

Lewiston Career Center 5 Mollison Way Lewiston, ME	207-753-9001 or 1-800-741-2991 Fax: 207-783-5301 Lewiston.careercenter@maine.gov	The Lewiston Career Center is part of the statewide network that provides a variety of employment and training services at no charge for Maine workers and businesses.
Fed Cap 1035 Lisbon Street Lewiston, ME	844-429-3867	A program to assist with finding employment and offer supplemental income.

Peer Centers, Social Clubs, and Self-Help

Looking Ahead Clubhouse 646 Main Street Lewiston, ME	207-376-1711	Transitional employment, social opportunity, educational opportunity
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Androscoggin County General Services

Lewiston DHHS: 207-795-4300

Local Affiliates:

NAMI Western Mountains, ME – Contact Dot at 207-364-2197

NAMI Portland – Contact Susan Stover at namiportland@gmail.com

Cumberland County

Support Groups

<p>Family Support Group 2nd and 4th Monday of each month from 6:30-8:00 PM</p> <p>Charles A. Dana Health Education Center, Room 2 22 Bramhall Street Portland, ME</p>	<p>Contact: Roz at 207-210-8229 or namiportland@gmail.com</p> <p><i>Support groups do not meet on Christmas Eve, New Year's Eve, or other federal holidays. Weather cancellations follow USM evening class cancellations.</i></p>	<p>Support group for families living with family members who live with mental health disorders.</p>
<p>Connections Support Group 2nd and 4th Wednesday of each month from 6:30-8:00 PM</p> <p>Charles A. Dana Health Education Center, Room 4 22 Bramhall Street Portland, ME</p>	<p>Contact: Sara at 413-230-0490 or Michelle at 207-347-9851 or namiportland@gmail.com</p> <p><i>Support groups do not meet on Christmas Eve, New Year's Eve, or other federal holidays. Weather cancellations follow USM evening class cancellations.</i></p>	<p>A support group for peers living with mental health disorders and shared life experiences.</p>
<p>Combined Support Group 4th Wednesday of each month from 7:00-8:30 PM</p> <p>MidCoast Medical Office Building, Conference Room 81 Medical Center Drive Brunswick, ME</p>	<p>Contact: Tracie at 207-798-5891 or Tjmorgan3@gmail.com</p>	<p>A support group for family members with loved ones living with mental health disorder.</p>

Hospitals in Cumberland County

<p>Maine Medical Center 22 Bramhall Street Portland, ME 207-662-0111 www.mmc.org</p>	<p>Mid Coast Hospital 123 Medical Center Drive Brunswick, ME 207-729-0181 www.midcoasthealth.com</p>	<p>Spring Harbor Hospital 123 Andover Road Westbrook, ME 207-761-2200 www.springharbor.org</p>
<p>Mercy Windham 409 Roosevelt Trail Windham, ME 207-400-8600 www.mercydocsonline.org</p>	<p>New England Rehabilitation Hospital of Portland 335 Brighton Avenue #201 Portland, ME 207-775-4000 www.nerhp.com</p>	<p>Brighton First Care 335 Brighton Avenue Portland, ME 207-662-8111 www.mmc.org</p>

Emergency Housing Services

Family Crisis Shelter Portland, ME	Domestic Violence Shelter	800-537-6066
Family Shelter Portland, ME	Family Shelter	207-772-8339
MAPS Shelter Services Portland, ME	Shelter for Pregnant Women and Women with Children	207-775-1508
Milestone Portland, ME	Substance Abuse	207-775-4790
Oxford Street Portland, ME	General Shelter	207-761-2072
Preble Street Portland, ME	Women's Shelter	207-699-4392
Preble Street Portland, ME	Youth Shelter	207-775-0026
Preble Street Portland, ME	Day Shelter – No Overnights	207-775-0026
Tedford Housing Brunswick, ME	Family Shelter	207-729-4583
Tedford Housing Brunswick, ME	General Shelter	207-725-4871

Housing Services

Brunswick Housing Authority 12 Stone Street Brunswick, ME	207-725-8711	
Portland Housing Authority 14 Baxter Boulevard Portland, ME	207-773-4753	
South Portland Housing Authority 100 Waterman Drive Suite 101 South Portland, ME	207-773-4140	
Westbrook Housing Authority 30 Liza Harmon Drive Westbrook, ME	207-854-9779	
Furniture Friends PO Box 631 Westbrook, ME	207-210-5797 info@furniturefriends.org http://furniturefriends.org/contact	Provides furniture free of charge to needy families.

Employment Support

Fed Cap 1685 Congress Street Portland, ME	207-835-8321	A program designed to help find employment and achieve self-sufficiency.
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Peer Centers, Social Clubs, and Self-Help

The Gathering Place (c/o Bridgton Community Center) 15 Depot Street Bridgton, ME	Contact: Tricia Wakefield at 207-583-5235
Learning Resource Center 174 Mere Point Road Brunswick, ME	207-373-4273 Fax: 207-373-4284 ahargraves@sweetser.org www.sweetser.org
Amistad 66 State Street 2 nd Floor PO Box 992 Portland, ME	207-773-1956 Fax: 207-773-2087 amistad1@maine.rr.com www.amistadinc.com
Self-Help Group: Portland Recovery Community Center 468 Forrest Avenue, Suite A Portland, ME	207-553-2575 Fax: 207-512-1202 www.portlandrecovery.org

Mental Health Agencies in Cumberland County

Tri-County Mental Health (Bridgton) 32 North High Street PO Box 170 Bridgton, ME	1-800-286-5629	Community integration, out-patient counseling, substance abuse services, employee assistance programs, child case management, child and family services, home-based services, psychiatric assessment, crisis intervention and stabilization.
Spurwink Westbrook, ME	1-888-889-3903 info@spurwink.org	Autism services, child abuse program, case management, functional family therapy, public school counseling.
Cap Quality Care 1 Delta Drive Westbrook, ME	207-856-7227	Drug Rehab and heroin treatment.
Cornerstone BHC 222 Saint John Street Suite 228	207-776-9990	Dual diagnosis, drug and alcohol rehab

Portland, ME		
Alternative Wellness Services 142 High Street Unit 423 Portland, ME	207-494-8010 www.awsmaine.com	Clinical consults, community integration, daily living support, diagnosis and evaluation, individual and group counseling, outpatient therapy, skills development.
Amistad PO Box 992 Portland, ME	207-773-1956	Peer support, clubs and drop-in centers.
Assistance Plus 37 Mill Street Brunswick, ME	207-373-1584 http://assistanceplus.com	Adult community integration, daily living skills, skills development, outpatient therapy.
Becket Adult Services 222 St. John Street Suite 210 Portland, ME	207-699-4120 www.connectionsforkids.org	Adult community integration, diagnosis and evaluation, group outpatient therapy, individual and group counseling.
Break of Day, Inc. 343 Birch Point Road Wiscasset, ME	207-882-6594	Daily living support, skills development, adult community integration.
CHCS 201 Main Street Westbrook, ME	207-854-0122 www.chcs-me.org	Adult community integration, crisis services, mobile crisis stabilization, residential crisis stabilization, daily living support, diagnosis and evaluation, individual and group counseling, medication clinic, outpatient therapy, specialized group.
Ingraham 50 Monument Square Portland, ME	207-874-1055 www.opportunityalliance.org	Community residential, crisis services, medication clinic, skills development.
Shalom House, Inc. 106 Gilman Street Portland, ME	http://shalomhouseinc.org	Adult community integration, daily living support, peer support, residential treatment skills.
Sweetser 329 Bath Road Suite 1 Brunswick, ME	Promise Line: 1-800-434-3000 www.sweetser.org	Adult community integration, ACT, crisis stabilization, outpatient therapy, medication management, peer support, psychological testing, substance abuse.

Cumberland County General Services

Portland DHHS: 800-482-7520

Local Affiliates:

NAMI Portland – Contact Susan Stover at namiportland@gmail.com

NAMI Bath/Brunswick – Contact Tracie at 207-798-5891 or Val at 207-319-7956

Franklin County

Support Groups

<p>Family Support Group 3rd Wednesday of each month from 6:30-6:00 PM</p> <p>Franklin Memorial Hospital 111 Franklin Health Commons Farmington, ME</p>	<p>Contact: Louise at 207-592-9933</p>	<p>Support group for families living with family members who live with mental health disorders.</p>
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Hospitals in Franklin County

<p>Franklin Memorial Hospital 111 Franklin Health Commons Farmington, ME</p>	<p>Rumford Hospital 420 Franklin Street Rumford, ME 207-369-1000</p>	<p>Redington Fairview General Hospital 46 Fairview Avenue Skowhegan, ME 207-474-5121</p>
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Emergency Housing Services

<p>Western Maine Homeless Outreach Farmington, ME</p>	<p>Family Shelter</p>	<p>207-779-7609</p>
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Employment Support

<p>Fed Cap 642 Wilton Road Farmington, ME</p>	<p>1-877-369-0930</p>	<p>A program that helps recipients find employment and supplemental income.</p>
<p>Wilton CareerCenter 865 US Route 2E Wilton, ME</p>	<p>207-645-5800 or 1-800-982-4311 Fax: 207-645-2093 Wilton.CareerCenter@maine.gov</p>	<p>The Wilton CareerCenter is part of the statewide network that provides a variety of employment and training services at no charge for Maine workers and businesses.</p>

Mental Health Agencies in Franklin County

<p>Assistance Plus PO Box 358 1604 Benton Ave</p>	<p>207-453-4708 www.assistanceplus.com</p>	<p>Adult community integration, daily living support, skills</p>
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Fairfield, ME		development, medication clinic, outpatient therapy.
Care & Comfort 284 Main Street Suite 390 Wilton, ME 04294	866-397-3350 www.careandcomfort.com	Outpatient therapy.
Evergreen Behavioral Services 131 Franklin Health Commons Farmington, ME	207-778-0035 www.fchn.org/ebs	Crisis services, outpatient medication clinic.
Oxford County Mental Health 150 Congress Street Rumford, ME	207-364-3549 http://www.ocmhs.org	Same-day assessment and support (no appointment necessary), crisis services, residential care, community integration, addiction services, DBT, adult and child behavioral health home, psychiatric services, outpatient therapy, Beacon House Social Club.

Franklin County General Services

Farmington DHHS: 207-778-8400

Local Affiliates:

NAMI Western Mountains, ME – Contact Dot at 207-364-2197

Hancock County

Support Groups

<p>Connections Support Group 1st Monday of each month from 12:00-1:30 PM</p> <p>Moore Community and Conference Center 133 State Street Ellsworth, ME</p>	<p>Contact: Betsy at 207-866-3307 or namibangormaine@gmail.com</p>	<p>Connection Recovery Support group for peers and Family Support Group for family members to meet and share like experiences with others who have family members living with a mental health disorder.</p>
<p>Family Support Group 2nd Tuesday of each month from 6:30-8:30 PM</p> <p>First Congregational Church of Blue Hill 22 Tenney Hill Blue Hill, ME</p>	<p>Contact: Tonya at 800-464-5767 x2305 or namibluehillme@mail.com</p>	<p>Support group for families living with family members who live with mental health disorders</p>

Hospitals in Hancock County

<p>Maine Coast Memorial Hospital 50 Union Street Ellsworth, ME 04605 207-664-5311</p>	<p>Mount Desert Island Hospital 10 Wayman Lane Bar Harbor, ME 04609 207-288-5081</p>	<p>Blue Hill Memorial Hospital Water Street Blue Hill, ME 04614 207-374-3400</p>	<p>MDI Hospital's Behavioral Health Center 322 Main Street Bar Harbor, ME 04609 207-288-5081</p>
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Emergency Housing Services

<p>H.O.M.E. Inc. – Dorr House Orland, ME</p>	<p>Mental Illness and Substance Abuse Shelter</p>	<p>207-469-7961</p>
<p>H.O.M.E. Inc. – Emmaus Ellsworth, ME</p>	<p>General Shelter</p>	<p>207-667-3962</p>
<p>H.O.M.E. Inc. – Hospitality House Bucksport, ME</p>	<p>General Shelter</p>	<p>207-469-7961</p>
<p>H.O.M.E. Inc. – Mandala Farm Orland, ME</p>	<p>General Shelter</p>	<p>207-469-7961</p>
<p>H.O.M.E. Inc. – St. Francis Inn East Orland, ME</p>	<p>General Shelter</p>	<p>207-469-7961</p>
<p>The Next Step Ellsworth, ME</p>	<p>Domestic Violence Shelter / Safe Homes</p>	<p>800-315-5579</p>

Employment Support

Fed Cap	1-844-503-6072	A program that helps recipients find employment and supplemental income.
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Mental Health Agencies in Hancock County

Atlantic Mental Health Center 710 Bucksport Road PO Box 297 Ellsworth, ME	207-667-6890 or http://www.amhc.org	Crisis services, individual and group counseling, outpatient counseling.
Sunrise Opportunities Kay Parker Building 26 Hadley Lake Road Machias, ME	1-800-225-3124 http://www.sun-rise.tv	Adult community integration.
MAS Home Care of Maine 147 Waldo Avenue Belfast, ME	207-218-1170 Fax: 207-218-1173	Adult community integration, daily living support, outpatient therapy, skill development.
Charlotte White Center 572 Bangor Road Dover-Foxcroft, ME	1-888-440-4158 or 207-564-2708	Community support, daily living support
Kidspace National Centers for Kids in Crisis of New England Inc. 16 Kidspace Way Ellsworth, ME	207-667-0909	Mental health services, behavioral health services, crisis services.

Hancock County General Services

Ellsworth DHHS: 207-667-1600 or Toll-free at 1-800-432-7823

Local Affiliates:

NAMI Bangor – Contact Betsy at 207-866-3307

Kennebec County

Support Groups

<p>Connections Support Group Every Tuesday from 6:30-8:00 PM</p> <p>Waterville Peer Recovery Center 32 Ticonic Street Waterville, ME</p>	<p>Contact: Karen at Kwingjustme2018@gmail.com</p> <p><i>Cancellations: Group is cancelled if area schools (AOS 92) are closed. Weather cancellations are posted on Channel 6 and Channel 8.</i></p>	<p>Support group for peers living with mental health disorders and shared life experiences.</p>
<p>Family Support Group 2nd and 4th Wednesday of each month from 6:30-8:00 PM</p> <p>Pleasant Street United Methodist Church 61 Pleasant Street Waterville, ME</p>	<p>Contact: Murray at 207-293-2921 or Barbara at 207-397-2007</p> <p><i>Cancellations: Weather cancellations are posted on Channel 6 and Channel 8.</i></p>	<p>Support group for family members with loved ones living with mental health disorders.</p>
<p>Family Support Group 1st Tuesday of each month from 11:30-1:00 PM</p> <p>Pleasant Street United Methodist Church 61 Pleasant Street Waterville, ME</p>	<p>Contact: Murray at 207-293-2921 or Barbara at 207-397-2007</p> <p><i>Cancellations: Weather cancellations are posted on Channel 6 and Channel 8.</i></p>	<p>Support group for family members with loved ones living with mental health disorders.</p>
<p>Family Support Group 2nd and 4th Wednesday of each month from 6:30-8:00 PM</p> <p>NAMI Maine Office 52 Water Street Hallowell, ME</p>	<p>Contact: Ann at 207-582-2215</p>	<p>Support group for family members with loved ones living with mental health disorders.</p>

Hospitals in Kennebec County

<p>MaineGeneral Medical Center – Thayer Center for Health 149 North Street Waterville, ME 2070-872-1000</p>	<p>Inland Hospital 200 Kennedy Memorial Drive Waterville, ME 207-861-3000</p>	<p>VA Medical Center – Togus 1 VA Center Augusta, ME 207-623-8411</p>
<p>Riverview Psychiatric Center 250 Arsenal Street Augusta, ME 207-624-4600</p>	<p>MaineGeneral Medical Center – Alford Center for Health 35 Medical Center Parkway</p>	<p>MaineGeneral Health Gardiner Campus 150 Dresden Avenue Gardiner, ME</p>

	Augusta, ME 207-626-1000	207-626-1000
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Emergency Housing Services

Bread of Life Ministries Augusta, ME	General Shelter	207-626-3479
Family Violence Project Augusta, ME	Domestic Violence Shelter	877-890-7788
Mid-Maine Homeless Shelter Waterville, ME	General Shelter	207-872-8082
Togus VA Augusta, ME	Veteran's Shelter	207-623-8411 x5658

Housing Services

Maine State Housing Authority 353 Water Street Augusta, ME	207-626-4600 Website: www.mainehousing.com	Maine Housing bridges public and private housing finance, combining them to benefit Maine's low and moderate-income people.
Augusta Housing Authority 33 Union Street Augusta, ME	207-626-2357	
Waterville Housing Authority 88 Silver Street Waterville, ME	207-873-2155 Fax: 207-877-9429	

Veteran's Services

Togus Veteran's Administration 1 VA Center Augusta, ME	1-877-421-8263 http://www.maine.va.gov	Providing America's veterans with quality health care services.
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Employment Support

Vocational Rehabilitation Maine Department of Labor 54 State House Station Augusta, ME	1-800-698-4440 http://www.maine.gov/rehab/dvr	The Divisional of Vocational Rehabilitation is a Department of Labor program that helps people who have disabilities get and keep a job. VT helps
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		people who have physical, mental, or emotional disabilities.
Fed Cap	1-800-442-6003 http://www.maine.gov/dhhs/ofi	A program that helps recipients find employment and supplemental income.
Augusta CareerCenter 21 Enterprise Drive Suite 2 109 State House Station Augusta, ME	207-624-5120 or 1-800-760-1573 Fax: 207-287-6236 Augusta.careercenter@maine.gov	The Augusta CareerCenter is part of the statewide network that provides a variety of employment and training services at no charge for Maine workers and businesses.

Peer Centers, Social Clubs, and Self-Help

Capitol Clubhouse 37 Stone Street Augusta, ME	207-629-9080	Transitional employment, social opportunity, educational opportunity.
LINC Social Club 265 State Street Augusta, ME	207-622-5736	Independent living facilities, independent senior living facilities.
Dual Recovery Anonymous 32 Winthrop Street Augusta, ME		Meets Monday at noon at Crisis and Counseling in Augusta.
The Holistic Recovery Project 2 Swan Street Suite 2 Augusta, ME	207-512-8379	Meets Wednesdays, Fridays, and Sundays at noon at Crisis and Counseling in Augusta. Open discussion support group for those suffering from addiction, compulsion, obsession, or disorder.
All Recovery Support Meetings 2 Swan Street Suite 2 Augusta, ME	207-458-4366	Meets Thursdays from 12:00-1:00PM at Green Street Methodist Church in Augusta.
Waterville Peer Recovery Center 32 Ticonic Street Waterville, ME	Contact: Elaine at 207-859-2667 www.namimaine.org/page/PeerCenter	NAMI Maine's Waterville Peer Recovery Center offers classes, support groups, community linkages and resources, outings, and a variety of activities to facilitate learning, growth,

		connection, and enjoyment.
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Mental Health Agencies in Kennebec County

Care & Comfort 180 Main Street Waterville, ME	1-800-366-5302 www.careandcomfort.com	Outpatient therapy.
Crisis and Counseling Centers 10 Caldwell Road Augusta, ME	207-626-3448 www.crisisandcounseling.org/Joomla	Crisis services, diagnosis and evaluation.
Direct Community Care 93 Second Street Hallowell, ME	207-512-2424 Fax: 207-512-2425 www.directcare.me	Adult community integration, daily living support, skill development.
Kennebec Behavioral Health 66 Stone Street Augusta, ME	1-888-322-2136 www.kbhmaine.org	Clinical consult, community support, day treatment, diagnosis and evaluation, individual and group counseling.

Kennebec County General Services

Augusta DHHS: 207-287-9170

Local Affiliates:

NAMI Mid-Maine – Contact Tonya at 207-622-5767 x2305

Knox County

Support Groups

<p>Combined FaithNet Support Group 4th Tuesday of each month from 2:00-3:30 PM</p> <p>St. Peter's Episcopal Church 11 White Street Rockland, Maine</p>	<p>Contact: Penelope at 207-975-6188</p> <p><i>Enter through the door by the flagpole and follow signs. Park in lot off of Limerick Street.</i></p>	<p>Peer support group.</p>
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Hospitals in Knox County

<p>Pen Bay Medical Center Glen Cove Drive Rockport, ME 207-596-8000</p>

Emergency Housing Services

<p>New Hope for Women Rockland, ME</p>	<p>Domestic Violence Shelter and Safe Homes</p>	<p>800-522-3304</p>
<p>Hospitality House Rockport, ME</p>	<p>General Shelter</p>	<p>207-593-8151</p>

Employment Support

<p>Fed Cap 235 Camden Street Rockland, ME</p>	<p>1-844-469-5788</p>	<p>A program that helps recipients find employment and supplemental income.</p>
<p>Rockland CareerCenter 91 Camden Street Suite 201 Rockland, ME</p>	<p>207-596-2600 or 1-877-421-7916 Fax: 207-594-1428 Rockland.careercenter@maine.gov</p>	<p>The Rockland CareerCenter is part of the statewide network that provides a variety of employment and training services at no charge for Maine workers and businesses.</p>
<p>Fed Cap 150 High Street Ellsworth, ME</p>	<p>844-503-6072</p>	<p>A program that helps recipients find employment and supplemental income.</p>

Mental Health Agencies in Knox County

Maine Behavioral Healthcare PO Box 526 12 Union Street Rockland, ME	207-701-4400 or 800-540-2072	Crisis services, day treatment, individual and group counseling, medication clinic.
Ocean Way Mental Health Agency 78 Beechwood Street Thomaston, ME	207-354-8184 Fax: 207-354-0487 http://oceanwaycommunity.com	Adult community integration, daily living support.
Phoenix Mental Health Services Sweetser 17 Walnut Street Rockland, ME	207-941-1113 1-800-434-3000	Individual and group counseling. Adult community integration services.

Knox County General Services

Local Affiliates:

NAMI Mid-Maine – Contact Tonya at 207-622-5767 x2305

Lincoln County

Hospitals in Lincoln County

Miles Memorial Hospital 35 Miles Street Damariscotta, ME 207-563-1234	St. Andrews Hospital and Healthcare Center 6 St. Andrews Lane Boothbay Harbor, ME 207-633-2121
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Lincoln County General Services

Rockland DHHS: 207-596-4200

Local Affiliates:

NAMI Mid-Maine – Contact Tonya at 207-622-5767 x2305

NAMI Bath/Brunswick – Contact Tracie at 207-798-5891 or Val at 207-319-7956

Oxford County

Support Groups

<p>Family Support Group Last Thursday of each month from 3:30-5:00 PM</p> <p>Mexico Congregational Church 163 Main Street Mexico, ME</p>	<p>Contact: Dot at 207-364-2197</p>	<p>Support group for families living with family members who live with mental health disorders.</p>
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Hospitals in Oxford County

<p>Rumford Hospital 420 Franklin Street Rumford, ME 207-369-1000</p>	<p>Stephens Memorial Hospital 181 Main Street Norway, ME 207-743-5933</p>
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Emergency Housing Services

<p>Community Concepts – Oxford Hills Family Shelter South Paris, ME</p>	<p>Family Shelter</p>	<p>207-739-6502</p>
<p>Community Concepts Family Shelter Rumford, ME</p>	<p>Family Shelter</p>	<p>800-866-5588</p>
<p>Rumford Group Homes – Norway Family Center Norway, ME</p>	<p>Shelter for Women and Children</p>	<p>297-364-3551</p>
<p>Rumford Group Homes – Rumford Family Center Rumford, ME</p>	<p>Family Shelter</p>	<p>207-364-3551</p>
<p>Rumford Group Homes – Men’s Shelter South Paris, ME</p>	<p>Adult Men’s Shelter</p>	<p>207-364-3551</p>

Employment Support

<p>Fed Cap 1570 Main Street Oxford, ME</p>	<p>844-469-5790</p>	<p>A program that helps recipients find employment and supplemental income.</p>
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Mental Health Agencies in Oxford County

Community Concepts PO Box 278 4 Market Square South Paris, ME	207-795-6037 http://www.community-concepts.org	Individual and group counseling.
Oxford County Mental Health Services 150 Congress Street Rumford, ME	207-364-3549 http://ocmhs.org	Community support, crisis services, outpatient services.

Oxford County General Services

South Paris DHHS: 207-744-1200 or 888-593-9775

Local Affiliates:

NAMI Western Mountains, ME – Contact Dot at 207-364-2197

Penobscot County

Support Groups

<p>Connections Support Group 3rd Tuesday of each month from 6:30-8:00 PM</p> <p>Acadia Hospital, Osprey Room 268 Stillwater Avenue Bangor, ME</p>	<p>Contact: Betsy at 207-659-2072</p>	<p>Support group for peers living with mental health disorders and shared life experiences.</p>
<p>Family Support Group 1st Tuesday of each month from 6:30-8:00 PM</p> <p>Acadia Hospital, Osprey Room 268 Stillwater Avenue Bangor, ME</p>	<p>Contact: Betsy at 207-659-2072</p>	<p>Support group for families living with family members who live with mental health disorders.</p>
<p>Maine Mental Health Connections, Inc. Together Place Peer Run Recovery Center 150 Union Street Bangor, ME</p>	<p>207-941-2907 Food pantry open Wednesdays 9:00 AM – 12:00 PM. Must show photo ID or valid driver’s license. Soup kitchen open Mondays and Fridays from 12:00 PM – 1:00 PM. All are welcome.</p>	<p>Peer support center providing hot meals which can be paid for using EBT cards, employment connections, co- operative housing run by and for low-income adult mental health consumers, community connections, food pantry, and soup kitchen.</p>

Hospitals in Penobscot County

<p>Penobscot Valley Hospital 7 Transalpine Road Lincoln, ME 207-794-3321 www.pvhme.oeg</p>	<p>Millinocket Regional Hospital 200 Somerset Street Millinocket, ME 207-723-5161</p>	<p>Penobscot Community Health 242 Brunswick Street Old Town, ME 207-827-6128</p>	<p>Brewer Medical Center 735 Wilson Street Brewer, ME 207-989-1567 www.pchc.com</p>	<p>St. Joseph Hospital 360 Broadway Bangor, ME 207-907-1000 www.stjoesh healing.org</p>
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Emergency Housing Services

<p>Bangor Area Homeless Shelter Bangor, ME</p>	<p>General Shelter</p>	<p>207-947-0092</p>
<p>Hope House Bangor, ME</p>	<p>Substance Abuse</p>	<p>207-217-6717</p>

MANNA, Inc. – Elijah’s Place Bangor, ME	Men’s Substance Abuse Shelter	207-990-2870
MAPS Shelter Services Bangor, ME	Shelter for Pregnant and Parenting Women and Children	207-949-4052
OHI – Rachael House Bangor, ME	Chronic Mental Illness Shelter	207-941-2874
Shaw House Bangor, ME	Youth Shelter	207-941-2874
Spruce Run Bangor, ME	Domestic Violence Shelter	800-863-9909
The Shepherd Godparent Home Bangor, ME	Shelter for Pregnant Women	207-949-2273

Employment Support

Fed Cap 242 State Street Brewer, ME	844-469-5786	A program that helps recipients find employment and supplemental income.
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Peer Centers, Social Clubs, and Self-Help

Unlimited Solutions Clubhouse 30 Summer Street Bangor, ME	207-404-8383	Recovery, transitional employment, community.
Maine Mental Health Connections, Inc. Together Place Peer Run Recovery Center 150 Union Street Bangor, ME	207-941-2907 Food pantry open Wednesdays 9:00AM- 12:00PM. Must show photo ID or valid driver’s license. Soup kitchen open Monday and Friday from 12:00-1:00 PM. All welcome.	Peer support center providing hot meals which can be paid for using EBT cards, employment connections, cooperative housing run by and for low-income adult mental health consumers, community connections, food pantry, and soup kitchen.

Mental Health Agencies in Penobscot County

Allies, Inc. 21 Main Street, Suite 301 Bangor, ME	207-941-8727 TTY: 942-9311	Community support, outpatient services.
Bangor Counseling Center 202 Exchange Street Bangor, ME	207-941-6434 www.bangorcounselingcenter.com	Individual and group counseling, outpatient therapy.

Care and Comfort 21 Main Street, Suite 301 Bangor, ME	877-784-6993 www.careandcomfort.com	Outpatient therapy.
Community Health and Counseling PO Box 425 42 Cedar Street Bangor, ME	207-947-0366 TTY: 990-3323 www.chcs-me.org	Adult ICI, individual and group counseling, community residential, crisis services, warm lines.
Community Care 40 Summer Street Bangor, ME	207-945-4240 www.comcareme.org	Adult community integrations, skill development.
Dorothea Dix Psychiatric Center PO Box 926 Bangor, ME	207-941-4000 TTY: 941-4322 www.maine.gov/dhhs/DDPC	Inpatient services, medication clinic, outpatient services.
Life by Design, P.A. 1510 State Street Veazie, ME	207-404-4596 Fax: 207-404-4597	Diagnosis and evaluation, individual and group counseling.

Penobscot County General Services

Bangor DHHS: 800-432-7825

Local Affiliates:

NAMI Bangor – Contact Betsy at 207-659-2072

Piscataquis County

Support Groups

<p>Connections Support Group Last Tuesday of each month from 6:30-8:00 PM.</p> <p>May Regional Hospital, Borestone Room Dwelley Avenue Dover-Foxcroft, ME</p>	<p>Contact: Beth at 207-924-7903 or bethranagan@gmail.com</p>	<p>Support group for peers living with mental health disorders and shared life experiences.</p>
<p>Connections Support Group (for seniors) 2nd Wednesday of each month from 10:30-12:00 PM.</p> <p>Memorial Library 4 Library Street Guilford, ME</p>	<p>Contact: Beth at 207-924-7903</p>	<p>Peer support group for adults ages 65 and above.</p>

Hospitals in Piscataquis County

<p>Mayo Regional Hospital 897 West Main Street Dover-Foxcroft, ME 207-564-8401</p>	<p>Charles A. Dean Memorial Hospital 364 Pritham Avenue Greenville, ME 207-695-5200</p>
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Emergency Housing Services

<p>Woman Care Dover-Foxcroft, ME</p>	<p>Domestic Violence Shelter and Safe Homes</p>	<p>800-564-8165</p>
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Employment Support

<p>Eastern Maine Development Corp. Penquis Higher Education Center 50 May Street Dover-Foxcroft, ME</p>	<p>1-888-828-0568</p>	<p>Some services may be obtained at this location on a limited basis. Call for more information.</p>
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Mental Health Agencies in Piscataquis County

<p>Community Health and Counseling 1093 West Main Street Dover-Foxcroft, ME</p>	<p>207-564-8175 www.chcs-me.org</p>	<p>Adoption home studies, HCT treatment for families with children, parenting education classes, school-based therapy, children's case management, counseling services, treatment foster care.</p>
<p>Charlotte White Center 572 Bangor Road Dover-Foxcroft, ME</p>	<p>207-564-2464 1-888-440-4158 www.charlottewhitecenter.org</p>	<p>Children's case management, children's in-home and community support services, children's mental health counseling.</p>
<p>Care and Comfort 1073 West Main Street Dover-Foxcroft, ME</p>	<p>207-564-0200 800-366-5302 www.careandcomfort.com</p>	<p>Behavioral health and community support services for children, children's case management, home and community support services for children.</p>

Piscataquis County General Services

Local Affiliates:

NAMI Piscataquis County – Contact Beth at 207-924-7903

Sagadahoc County

Hospitals in Sagadahoc County

<p>Mid Coast Medical Group 1356 Washington Street A Bath, ME 207-442-0048</p>

Housing Services

<p>Bath Housing Authority 80 Congress Street Bath, ME</p>	<p>207-443-3116</p>
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Peer Centers, Social Clubs, and Self-Help

<p>Village Clubhouse 119 Main Street Topsham, ME</p>	<p>207-837-6260</p>	<p>Employment, education, wellness, and social opportunities.</p>
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Mental Health Agencies in Sagadahoc County

<p>Midcoast Community Alliance 4 Sheridan Road Bath, ME</p>	<p>207-443-6856 http://mcamaine.org</p>	<p>To empower the Midcoast community to be healthy, engaged, and resilient by promoting mental health awareness and understanding, advocating for those in need, and by expanding access to support.</p>
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Sagadahoc County General Services

Local Affiliates:

NAMI Bath/Brunswick – Contact Tracie at 207-798-5891 or Val at 207-319-7956

Somerset County

Support Groups

<p>Connections Support Group 4th Tuesday of each month from 5:30-7:30 PM.</p> <p style="text-align: center;">12 Cross Street Skowhegan, ME</p>	<p>Contact: Kate at 207-399-9478 or kate@rippleeffectshealth.com</p>	<p>Support group for peers living with mental health disorders and shared life experiences.</p>
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Hospitals in Somerset County

<p>Redington-Fairview General Hospital 46 Fairview Avenue Skowhegan, ME 207-474-5121 www.rfgh.net</p>	<p>Sebasticook Valley Hospital 447 North Main Street Pittsfield, ME 207-487-4000 www.sebasticookvalleyhealth.org</p>
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Emergency Housing Services

<p>Family Violence Project Somerset County</p>	<p>Domestic Violence Shelter</p>	<p>877-890-7788</p>
<p>New Hope Shelter Solon, ME</p>	<p>Shelter for Women and Children</p>	<p>207-669-4402</p>
<p>Trinity Shelter Skowhegan, ME</p>	<p>Men's Shelter</p>	<p>207-399-7538</p>

Employment Support

<p>Fed Cap 78 Madison Avenue Skowhegan, ME</p>	<p>1-844-585-2504</p>	<p>A program that helps recipients find employment and supplemental income.</p>
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Mental Health Agencies in Somerset County

<p>Assistance Plus PO Box 358 1604 Benton Avenue Fairfield, ME</p>	<p>207-453-4708 http://assistanceplus.com</p>	<p>Adult community integration, living support and skills, outpatient therapy.</p>
<p>Catholic Charities Maine PO Box 378 66 Western Avenue Fairfield, ME</p>	<p>207-453-4365</p>	<p>Adult community integration.</p>

Kennebec Behavioral Health 5 Commerce Drive Skowhegan, ME	1-888-322-2136	Clinical consult, community support, diagnosis and evaluation, housing support, residential services, skill development.
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Somerset County General Services

Skowhegan DHHS: 207-474-4800

Local Affiliates:

NAMI Mid-Maine – Contact Tonya at 207-622-5767 x2305

Waldo County

Hospitals in Waldo County

Waldo County General Hospital 118 Northport Avenue Belfast, ME 207-338-2500
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Mental Health Agencies in Waldo County

Maine Behavioral Healthcare 15 Midcoast Drive Belfast, ME	207-338-2295	Mental health service organization in Maine.
Broadreach Family and Community Services 5 Stephenson Lane Belfast, ME	207-338-2200 Fax: 207-338-1652	Adult community integration.
Waldo County YMCA 157 Lincolnville Avenue Belfast, ME	207-338-4598	Recreational programs and services for all ages.
MAS Community Health 147 Waldo Avenue Belfast, ME	207-218-1170	Helping build supports to enhance quality of life.
Family Behavioral Health Services 9 Field Street Belfast, ME	207-342-4005	Family counseling.
Sweetser 1295 Atlantic Highway Northport, ME	800-434-3000 http://www.sweetser.org	Adult community integration.

Waldo County General Services

Local Affiliates:

NAMI Mid-Maine – Contact Tonya at 207-622-5767 x2305

NAMI Bangor – Contact Betsy at 207-866-3307

Washington County

Support Groups

<p>Combined Support Group 1st Wednesday of each month from 6:00-7:30 PM.</p> <p style="text-align: center;">Kay Parker Building 26 Hadley Lake Road, Machias, ME</p>	<p>Contact: Amy at 207-726-0608 or 207-263-7889</p> <p style="text-align: center;"><i>Weather cancellations will be posted on the Integrated Behavioral Health (IBH) Community Circle Facebook page or contact Amy.</i></p>	<p>Support group for family members with loved ones living with mental health disorders.</p>
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Hospitals in Washington County

<p style="text-align: center;">Down East Community Hospital 11 Hospital Drive Machias, ME 207-255-3356</p>	<p style="text-align: center;">Calais Regional Hospital 24 Hospital Lane Calais, ME 207-454-7521</p>
<p style="text-align: center;">Healthways Regional Medical Center at Lubec 43 South Lubec Road Lubec, ME 207-733-1090</p>	<p style="text-align: center;">Atlantic Rehab and Nursing Center 32 Palmer Street Calais, ME 888-848-5698</p>

Emergency Housing Services

<p>Passamaquoddy Peaceful Relations Pleasant Point, ME</p>	<p>Domestic Violence and Sexual Assault Shelter</p>	<p>877-853-2613</p>
<p>The Next Step Machias, ME</p>	<p>Domestic Violence Shelter</p>	<p>800-315-5579</p>

Housing Services

<p style="text-align: center;">Indian Township Passamaquoddy Reservation Housing Authority PO Box 99 Princeton, ME</p>	<p style="text-align: center;">207-796-8004</p>
<p style="text-align: center;">Pleasant Point Passamaquoddy Reservation Housing Authority 15 Elders Way Suite 201 Perry, ME</p>	<p style="text-align: center;">207-853-2600</p>

Employment Support

<p>Machias Career Center 53 Prescott Drive Suite 1 Machias, ME</p>	<p>207-255-1900 or 1-800-292-8929 Fax: 207-255-4778 Machias.careercenter@maine.gov</p>	<p>The Machias CareerCenter is part of the statewide network that provides a variety of employment and training services at no charge for Maine workers and businesses.</p>
<p>Calais Career Center 1 College Drive Calais, ME</p>	<p>207-255-1900 or 1-800-292-8929 Fax: 207-255-4778 Calais.careercenter@maine.gov</p>	<p>The Calais CareerCenter is part of the statewide network that provides a variety of employment and training services at no charge for Maine workers and businesses.</p>

Mental Health Agencies in Washington County

<p>Arise Addiction Recovery 3 Davis Road Machias, ME</p>	<p>207-255-5011</p>	<p>Family and addiction support meetings located at the Machias Christian Fellowship.</p>
<p>Safe Families for Children of Maine 1 A Water Street Machias, ME</p>	<p>www.safe-families.org</p>	<p>Provides a temporary safe place for children and teens while parents handle a crisis situation.</p>
<p>Atlantic Mental Health Center 1 Stackpole Drive Machias, ME</p>	<p>207-255-0996 www.amhc.org</p>	<p>Crisis services, individual and group counseling, outpatient services.</p>
<p>Atlantic Mental Health Center 127 Palmer Street Calais, ME</p>	<p>207-454-0322 www.amhc.org</p>	<p>Crisis services, individual and group counseling, outpatient services.</p>
<p>MAS Home Care of Maine 60 Maine Street Machias, ME</p>	<p>207-259-1645 Fax: 207-259-1647</p>	<p>Adult community integration, daily living support, outpatient therapy, skill development.</p>
<p>Sunrise Opportunities Kay Parker Building PO Box 88 26 Hadley Lake Road Machias, ME</p>	<p>1-800-225-3124 www.sun-rise.tv</p>	<p>Adult community integration, daily living support, residential treatment.</p>

Washington County General Services

Machias DHHS: 207-255-2000

Local Affiliates:

NAMI Bangor – Contact Betsy at 207-866-3307

York County

Support Groups

<p>Combined Support Group 1st, 3rd, and 5th Thursday of each month from 6:30-8:30 PM.</p> <p>North Parish Congregational United Church of Christ Robie Education Building 893 Main Street Sanford, ME</p>	<p>Contact: Dick at 207-703- 0623</p>	<p>Support group for family members with loved ones living with mental health disorders.</p>
<p>Combined Support Group 1st, 3rd, and 5th Tuesday of each month from 6:30-8:00 PM.</p> <p>St. David's Episcopal Church 138 York Street Kennebunk, ME</p>	<p>Contact: Jean at 781-572-1393</p>	<p>Support group for family members with loved ones living with mental health disorders.</p>
<p>Combined Support Group 2nd and 4th Wednesday of each month</p> <p>Massabesic Lions Club 813 Main Street Waterboro, ME</p>	<p>Contact: Sheila at 207-467-5375 or Sheilamc5226@gmail.com</p>	<p>Support group for family members with loved ones living with mental health disorders.</p>

Hospitals in York County

<p>York Hospital 15 Hospital Drive York, ME 207-363-4321</p>	<p>Southern Maine Medical Center 1 Medical Center Drive Biddeford, ME 207-283-7000</p>
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Emergency Housing Services

<p>You Are Never Alone Saco, ME</p>	<p>Substance Abuse Shelter</p>	<p>207-283-0069</p>
<p>Caring Unlimited Sanford, ME</p>	<p>Domestic Violence Shelter</p>	<p>800-239-7298</p>
<p>York County Shelter Programs, Inc. Alfred, ME</p>	<p>General Shelter</p>	<p>207-324-1137</p>

Housing Services

Biddeford Housing Authority PO Box 2287 22 South Street Biddeford, ME	207-282-6537
Sanford Housing Authority PO Box 1008 114 Emery Street Sanford, ME	207-324-6747
York Housing Authority 4 Pine Grove Lane York, ME	207-363-8444

Employment Support

York County Career Center 9 Bodwell Court Springvale, ME	207-324-5460 or 1-800-343-0151 Fax: 207-324-7069 Springvale.careercenter@maine.gov www.mainecareercenter.gov/location/s/york_county.shtml	The Division of Vocational Rehabilitation is a Department of Labor program that helps people who have disabilities get and keep a job. VR helps people who have physical, mental, or emotional disabilities.
Fed Cap 420 Alfred Street #170 Biddeford, ME	844-469-5787	A program designed to help find employment and achieve self-sufficiency.
Fed Cap 15 Daigle Lane Suite D Sanford, ME	844-562-9811	A program designed to help find employment and achieve self-sufficiency.

Mental Health Agencies in York County

Alternative Wellness Services 118 Alfred Street Biddeford, ME	207-494-8010 Fax: 207-494-8471	Adult community integration, clinical consult, daily living skills, diagnosis and evaluation, outpatient therapy, individual and group counseling.
Crossroads for Women Counseling Center 2 Livewell Drive Suite 202 Kennebunk, ME	207-467-3369 or 207-775-2396	Individual and group counseling, medication management.
Maine Behavioral Healthcare 265 North Street	207-282-1500	ACT, adult ICI, crisis services, residential services,

Saco, ME		outpatient services, social clubs, supported housing.
York County Shelter Programs, Inc. PO Box 820 Alfred, ME	207-324-1137 TTY: 324-5290	Community residential services.

York County General Services

Biddeford DHHS: 207-286-2400 or 800-322-1919

Local Affiliates:

NAMI York – Contact Tonya at 207-622-5767 x2305