



Maine

A service of United Way

JULY 2022
DIRECTORY of
COMMONLY REQUESTED
COMMUNITY SERVICES



United Way of
Mid Coast Maine

Need Help? DIAL 211 free & confidential

VISIT 211maine.org | TEXT your zip code to 898-211 | 1- 866-811-5695

EMERGENCY SERVICES

- EMERGENCY DIAL 911
American Red Cross - Midcoast.....729-6779
ME Emergency Management 800-452-8735
Mental Health Crisis Hotline 888-568-1112
Maine Poison Control Center 800-222-1222

ABUSE / ASSAULT

- Adult Protective Intake - 24 hr 800-624-8404
Child Protective Services - DHHS 800-452-1999
Maine Domestic Violence Hotline 866-834-4357
New Hope Midcoast 800-522-3304
Sexual Assault Support Services..... 800-871-7741
Through These Doors 800-537-6066

FOOD / CLOTHING / EMERGENCY ASSISTANCE

- Adventist Community Services 725-7015
Alna Food Pantry.....586-5313
Bath Area Food Pantry & Soup Kitchen.....737-9289
Boothbay Region Food Pantry.....350-2962
Bowdoinham Food Pantry751-7779
Midcoast Hunger Food Pantry- Brunswick.....725-2716
Friends Helping Food Pantry - Bowdoin449-6326
General Assistance Dial 211
Jefferson Area Community Food Pantry315-1134
MMCA442-7963
New Harbor Food Pantry529-2501
Newcastle Ecumenical Food Pantry563-1311
Richmond Food Pantry.....607-2777
Salvation Army - Bath.....443-3611
Salvation Army - other communities Dial 211
SNAP - 855-797-4357
St. Denis Whitefield Food Pantry.....549-3672
St. Philip's Help Yourself Shelf882-7184
TANF..... 855-797-4357
Waldoboro Food Pantry.....520-5100
Westport Island Helping Hands 882-8477
Women, Infants, & Children (WIC) 800-437-9300

TRANSPORTATION

- Amtrak Downeaster..... 800-872-7245
Bath City Bus443-8363
Boothbay Community Rides 633-4357
Brunswick Link 721-9600
Lincoln County FISH 350-9808
MaineCare Transportation..... 855-930-7900
METRO BREEZ Bus- Cumberland County....774-0351
Volunteer Transportation Network - Brunswick.729-0757

HOUSING / SHELTER / RENT / UTILITIES

- Bath Housing.....443-3116
Boothbay Region - Community Navigator.....350-1743
Brunswick/Topsham Housing Authority725-8711
CEI Housing Counselor.....504-5900
CHIP – Lincoln County677-3450
Community Energy Fund-Lincoln Co.....563-3883
DHHS Emergency Assistance.....855-797-4357
Freeport Community Services865-3985
General Assistance Local Town Office or Dial 211
Habitat for Humanity/ 7 Rivers Maine504-9333
Housing Discrimination Hotline.....800-669-9777
LIHEAP (Heating Assistance)
KVCAP - Lincoln & Sagadahoc800-542-8227
Opportunity Alliance - Cumberland County ...553-5900
Maine Housing Authority626-4600
MMCA Housing Counseling800-221-2221
Neighborhood Café - Day Center -Bath.....443-2187
Rebuilding Together Lincoln County.....380-5719
Salvation Army443-3611
Tedford Housing.....729-1161
The Gathering Place - Day Center - Brunswick729-0288
Volunteers of America Housing373-1140
Warm Thy Neighbor-Fuel Assistance (Brunswick).....729-1161

EDUCATION & EMPLOYMENT SERVICES

- ASPIRE.....624-5200
Bath/Wiscasset Adult Education443-8255
Boothbay Region Adult Education633-3224
Central Lincoln County Adult Education 563-2811
Maine Career Center.....888-457-8883
Merrymeeting Adult Ed - Brunswick/Topsham....729-7323
Midcoast Literacy443-6384
Midcoast Senior College725-4900
New Ventures Maine – free classes386-1664
Southern Maine Community College.....741-5500
Southern New Hampshire University.....800-427-9238
Technical High School Vocation Ed - Brunswick .. 729-6622
Unemployment Insurance800-593-7660
UMA Brunswick Center442-7736
Vocational Rehabilitation.....877-594-5627

LEGAL & TAX INFORMATION

- CASH Coalition – Free Tax PrepDial 211
Legal Services for the Elderly.....800-750-5353
Maine Equal Justice Partners.....866-626-7059
Pine Tree Legal Assistance – www.ptla.org774-8211
Veterans Affairs (VA).....800-827-1000

HEALTH / MENTAL HEALTH

Addiction Outreach- Boothbay Region.....	350-7477
Addiction Resource Center.....	373-6950
Alanon - Statewide	800-498-1844
Alcoholics Anonymous - Statewide.....	800-737-6237
Alliance on Mental Illness (NAMI).....	800-464-5767
Amistad	773-1956
Boothbay Region Nursing & Outreach.....	633-5533
CHANS Home Health & Hospice	729-6782
Childhood Lead Poisoning Prevention... ..	866-292-3474
Consumers for Affordable Health Care ..	800-965-7476
Health Care Navigator (MMCA).....	800-221-2221
Healthy Lincoln County	563-1330
HIV/STD/Hepatitis Info (CDC)	289-3747
Jessie Albert Dental and Orthodontic Center.	443-9721
Lincoln County Dental	386-6600
LincolnHealth – Boothbay Harbor.....	633-2122
Damariscotta	563-1234
Low-Cost Drug Program.....	800-965-7476
Maine Behavioral Health	844-292-0111
Maine Family Planning	622-7524
Maine HIV/AIDS hotline	800-851-2437
Maine Tobacco/Vaping QuitLine.....	800-784-8669
MaineCare Member Services	800-977-6740
MaineHealth Care at Home/Hospice	800-660-4867
Medicare	800-633-4227
Mental Health Crisis Hotline	888-568-1112
Mid Coast Hospital - Brunswick	373-6000
Mid Coast Hospital Outpatient Behavioral Health .	373-6950
Mid Coast Walk-in Clinic - Brunswick	406-7500
Miles & St. Andrews Home Health/Hospice ...	563-4592
Miles Hospital.....	207-563-1234
Narcotics Anonymous Helpline.....	800-974-0062
OASIS Free Clinics	721-9277
Office of Substance Abuse & Mental Health	287-2595
Planned Parenthood – Health Center.....	725-8264
Public Health Nurse- DHHS	888-644-1130
Richmond Area Health Center.....	737-4359
Sheepscot Valley Health Center-Cooper's Mills	549-7581
St. Andrews - LincolnHealth Urgent Care	633-2121
Support Groups.....	Dial 211
Sweetser Behavioral Health	800-434-3000
Veterans Medical Center - Togus.....	877-421-8263

LEGISLATURE

State Representatives	800-423-2900
State Senators	800-423-6900



Need help finding services?
You call - We listen **DIAL: 211**

TEXT your zip code to 898-211
EMAIL: info@211maine.org VISIT: 211maine.org

FREE & CONFIDENTIAL Information & referral service

**United Way of
Mid Coast Maine**



AGING & DISABILITIES SERVICES

Alpha One	800-640-7200
Bath Area Senior Citizens Activity Center.....	443-4937
Bath-Brunswick Respite Care.....	729-8571
Boothbay Harbor Community Center.....	633-9876
Disability Rights Center	800-452-1948
Eldercare Locator.....	800-677-1116
Elmhurst, Inc.-Bath.....	443-9783
Independence Association - Brunswick	725-4371
Legal Services for the Elderly.....	800-750-5353
Long Term Care Ombudsman.....	800-499-0229
Maine Relay Service for the Deaf	711
Meals on Wheels.....	800-639-1553
Mid Coast Senior Health	373-3646
Mobius, Inc. - Damariscotta.....	563-3511
People Helping People – BBH Region only ...	633-9876
People Plus-Brunswick.....	729-0757
Pine Tree Society.....	443-3341
Richmond Area Senior Center.....	737-2161
SEARCH- Elder Outreach	837-8810
Spectrum Generations	800-639-1553
The IRIS Network	800-715-0097
Vocational Rehabilitation.....	877-594-5627

CHILDREN, YOUTH & FAMILY

Bath Area Family YMCA	443-4112
Big Brothers Big Sisters of Bath-Brunswick ...	729-7736
Big Brothers Big Sisters of Mid-Maine	236-2227
Boothbay Region YMCA	633-2855
Boy Scouts of America	797-5252
Brunswick Teen Center	721-0754
Central Lincoln Co. YMCA	563-9622
Child & Family Services DHHS	877-680-5866
Child Development Services	594-5933
Coastal Kids Preschool	563-5335
Families Can! (MMCA)	442-7963 x230
Family Focus - Child Care Services	406-4415
G.E.A.R. Parent Network Services.....	800-264-9224
Girl Scouts of Maine.....	888-922-4763
Head Start & Early Head Start.....	442-7963 x 236
Healthy Kids (Lincoln Co.).....	563-1818
Home to Home-Supervised Visitation.....	837-4894
LGBT Hotline - National	888-843-4564
LGBT Hotline - Senior	888-234-7243
LGBT Hotline - Youth	800-246-7743
Maine Families Home Visiting – Cumberland.	553-5800
Maine Families Home Visiting – Lincoln & Sag.	594-1980
Maine Parent Federation (SPIN)	800-870-7746
Midcoast Youth Center - Bath	443-8750
Runaway Safeline	800-786-2929
Seeds of Independence Youth Collaborative.	406-2365
United Way of Mid Coast Maine	443-9752
Women, Infants & Children (WIC)	800-437-9300

United Way of Mid Coast Maine, 34 Wing Farm Parkway, #201, Bath ME 04530

Phone (207) 443-9752

Email info@uwmcm.org

www.uwmcm.org

Our Mission: To improve lives by mobilizing the caring power of communities