EMERGENCY SERVICES

DIAL 211

EMERGENCY
American Red Cross - Midcoast ............... 729-6779
ME Emergency Management ................ 800-452-8735
Mental Health Crisis Hotline .............. 888-568-1112
Maine Poison Control Center .............. 800-442-6305

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 for Women ...................... 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 Pantry .................... 751-7779
Brunswick Food Pantry & Soup Kitchen .... 725-2716
Friends Helping Food Pantry - Bowdoin .... 449-6326
General Assistance ......................... Dial 211
Jefferson Area Community Food Pantry .... 215-1300
MMCA ........................................... 442-7963
New Harbor Food Pantry ..................... 677-3055
Newcastle Ecumenical Food Pantry ........ 563-5597
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 Shelf ............. 882-7184
TANF ........................................... 855-797-4357
Waldoboro Food Pantry ...................... 785-4782
Westport Island Helping Hands ............. 882-8477
Wiscasset Food Pantry ...................... 882-9088
Women, Infants, & Children (WIC) ........ 442-7963x203

HOUSING/SHELTER/RENT/UTILITIES

Bath Housing .................................. 443-3116
Boothbay Region - Community Navigator .... 633-6272
Brunswick/Topsham Housing Authority .... 725-8711
CEI Housing Counseling ..................... 504-5900
CHIP – Lincoln County ...................... 677-3450
Community Energy Fund-Lincoln Co. .... 563-3863
DHHS Emergency Assistance ............... 855-797-4357
Freeport Community Services .............. 865-3985
General Assistance - Local Town Office or Dial 211
Habitat for Humanity/ 7 Rivers Maine ...... 504-9333
Housing Discrimination Hotline .............. 800-669-9777
LIHEAP (Heating Assistance) ............... 561-5380
KVCAP - Lincoln & Sagadahoc .............. 800-542-8227
HEAP - Cumberland County ................. 555-5900
Maine Housing Authority ................. 626-4600
MMCA Housing Counseling ................. 800-221-2221
Neighborhood Café - Day Center - Bath .... 443-2187
Rebuilding Together Lincoln County .......... 380-5719
Tedford Housing ................................ 729-1161
The Gathering Place - Day Center - Brunswick .. 841-5905
Volunteers of America Housing ............ 373-1140
Warm Thy Neighbor-Fuel Assistance (Brunswick) ... 729-1161

TRANSPORTATION

AHoy – Boothbay Area Transportation .... 633-6272
Amtrak Downeaster ......................... 800-872-7245
Bath City Bus .................................. 443-8633
Boothbay Community Rides ................. 633-4357
Brunswick Explorer .......................... 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

LEGAL & TAX INFORMATION

CA$H Coalition – Free Tax Prep ............ Dial 211
Legal Services for the Elderly .............. 800-750-5353
Maine Equal Justice Partners .............. 866-626-7059
Pine Tree Legal Assistance – www.ptla.org .... 774-8211
Veterans Affairs (VA) ...................... 800-827-1000

United Ways of Maine

SOMETIMES YOU NEED MORE THAN AN INTERNET SEARCH.
YOU NEED A CONVERSATION.

Certain issues are hard to navigate.
You’re not alone. Call 2-1-1 – it’s free and confidential.
Maine specialists are available 24/7 to provide information and
connect you to local programs and services that can help.
Friendly, non-judgmental people are waiting to assist you!

DIAL 211
TEXT your zip code to 898-211
VISIT 211MAINE.org

Want to Volunteer?
Contact United Way of Mid Coast Maine
443-9752
or visit volunteer.uwmcm.org
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) ………504-464-5767
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 (MMC) 800-221-2221
Healthy Lincoln County ………………………638-1330
HIV/STD/Hepatitis Info (CD) …………………800-232-4636
Jessie Ali Dental and Orthodontic Center.443-9721
Lincoln County Dental ……………………………..563-8688
LincolnHealth – Boothbay Harbor………………633-2122
Damariscotta……………………………………..633-1284
Low Cost Drug Program…………………………857-797-4357
Maine Behavioral Health…………………………844-292-0111
Maine Family Planning ……………………………622-7524
Maine HIV/STD/Hepatitis …………………….866-701-3897
Maine Tobacco Helpline 800-207-1230
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 373-6980
Mid Coast Walk-in Clinic - Brunswick………406-7500
Miles and St. Andrews Home Health/Hospice
Miles Hospital ………………………………………207-563-4592
Narcotics Anonymous Helpline 880-974-0062
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
Sweetwater Behavioral Health ……………………800-434-3000
Veterans Medical Center - Togus…….877-421-8263

AGING & DISABILITIES SERVICES

Alpha One …………………………………………800-640-7200
Bath Area Senior Citizens Activity Center ………443-4937
Boothbay Harbor Community Center……………633-9876
Brunswick Area Respite Care …………………729-8571
Disability Rights Center ………………….800-452-1948
Eldercare Locator …………………………… 800-677-1116
Emuhltsr, In-Bath………………………………443-9783
Independence Association - Brunswick 725-4371
IRIS (Maine Center for the Blind) ……………800-715-0097
Legal Services for the Elderly ………………… 800-750-5353
Long Term Care Ombudsman …………………800-499-0299
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 …………………633-4368
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
Vocational Rehabilitation ……………………877-594-5627
Wandering Person Program …………………..386-5800

EDUCATION & EMPLOYMENT SERVICES

ASPIRE………………………………………..624-5200
Bath/Wiscasset Adult Education …………443-8255
Boothbay Region Adult Education …………633-3224
Central Lincoln County Adult Education 563-2811
Merrymeeting Adult Ed - Brunswick/Topsham……729-7323
Midcoast Literacy ……………………………..443-6384
Midcoast Senior College …………………….725-4900
New Ventures Maine ……………………………386-1664
Southern Maine Community College ………741-5500
Southern MidCoast Career Center …………888-836-3355
Southern New Hampshire University ………800-427-9238
Technical High School Vocation Ed - Brunswick……729-6622
Unemployment Insurance ……………………800-593-7660
UMA Brunswick Center ……………………..442-7736
Vocational Rehabilitation ……………………877-594-5627

LEGISLATURE
State Representatives ……………………..800-423-2900
State Senators ……………………………800-423-6900

need help?
DIAL: 211
TEXT your zip code to
898-211
VISIT: 211maine.org
DIAL: 1-866-811-5695

FREE & CONFIDENTIAL
Information & referral service
A service of United Way

CHILDREN, YOUTH & FAMILY

Bath Area Family YMCA …………443-4112
Bath Youth Meetinghouse and Skatepark …443-8750
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 …………442-7146/563-1411
Coastal Kids Preschool ……………………..563-5335
Families Can! (MMCA) ……………………442-7963 x230
Family Focus - Child Care Services ………..406-4573
G.E.A.R. Parent Network Services ………800-264-9224
Girl Scouts of Maine ……………………..888-922-4763
Head Start & Early Head Start ……………..472-7963 x 236
Healthy Kids (Lincoln Co.) …………………563-1818
Home to Home-Supervised Visitation ……837-4894
LGBT Hotline ………………………………888-843-4564
Maine Families Home Visiting – Cumberland, …553-5801
Maine Families Home Visiting – Lincoln & Sag …832-0343
Maine Parent Federation (SPIN) …………800-870-7746
Runaway SafeLine …………………………800-786-2929
Seeds of Independence Youth Collaborative.406-2365
United Way ………………………………..443-9752
Women, Infants & Children (WIC) …………800-221-2221