



Maine

A service of United Way

JULY 2021
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

Table with 2 columns: Service Name and Phone Number. Includes Emergency (DIAL 911), American Red Cross - Midcoast, ME Emergency Management, Mental Health Crisis Hotline, and Maine Poison Control Center.

ABUSE / ASSAULT

Table with 2 columns: Service Name and Phone Number. Includes Adult Protective Intake - 24 hr, Child Protective Services - DHHS, Maine Domestic Violence Hotline, New Hope for Women, Sexual Assault Support Services, and Through These Doors.

FOOD / CLOTHING / EMERGENCY ASSISTANCE

Table with 2 columns: Service Name and Phone Number. Lists various food pantries and assistance services across different regions like Bath, Brunswick, and Scarborough.

TRANSPORTATION

Table with 2 columns: Service Name and Phone Number. Includes Amtrak Downeaster, Bath City Bus, Boothbay Community Rides, Brunswick Explorer, Lincoln County FISH, MaineCare Transportation, METRO BREEZ Bus, and Volunteer Transportation Network.

HOUSING / SHELTER / RENT / UTILITIES

Table with 2 columns: Service Name and Phone Number. Lists housing and utility services such as Bath Housing, Boothbay Region - Community Navigator, Brunswick/Topsham Housing Authority, CEI Housing Counselor, CHIP - Lincoln County, Community Energy Fund-Lincoln Co, DHHS Emergency Assistance, Freeport Community Services, General Assistance, Habitat for Humanity/ 7 Rivers Maine, Housing Discrimination Hotline, LIHEAP (Heating Assistance), KVCAP - Lincoln & Sagadahoc, HEAP - Cumberland County, Maine Housing Authority, MMCA Housing Counseling, Neighborhood Café - Day Center -Bath, Rebuilding Together Lincoln County, Salvation Army, Tedford Housing, The Gathering Place - Day Center - Brunswick, Volunteers of America Housing, and Warm Thy Neighbor-Fuel Assistance (Brunswick).

EDUCATION & EMPLOYMENT SERVICES

Table with 2 columns: Service Name and Phone Number. Lists education and employment services including ASPIRE, Bath/Wiscasset Adult Education, Boothbay Region Adult Education, Central Lincoln County Adult Education, Maine Career Center, Merrymeeting Adult Ed - Brunswick/Topsham, Midcoast Literacy, Midcoast Senior College, New Ventures Maine, Southern Maine Community College, Southern New Hampshire University, Technical High School Vocation Ed - Brunswick, Unemployment Insurance, UMA Brunswick Center, and Vocational Rehabilitation.

LEGAL & TAX INFORMATION

Table with 2 columns: Service Name and Phone Number. Includes CA\$H Coalition - Free Tax Prep, Legal Services for the Elderly, Maine Equal Justice Partners, Pine Tree Legal Assistance - www.ptla.org, and Veterans Affairs (VA).

## 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) .....	800-232-4636
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.....	855-797-4357
Maine Behavioral Health .....	844-292-0111
Maine Family Planning .....	622-7524
Maine HIV/AIDS hotline .....	800-851-2437
Maine Tobacco QuickLink .....	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 .	373-6980
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

VISIT: [211maine.org](http://211maine.org)

DIAL: 1-866-811-5695

FREE & CONFIDENTIAL  
Information & referral service



## 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 ...	633-4368
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
The IRIS Network .....	800-715-0097
Vocational Rehabilitation.....	877-594-5627
Wandering Person Program.....	386-5800

## 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 .....	406-4573
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. ....	553-5801
Maine Families Home Visiting – Lincoln & Sag. ....	832-0343
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) .....	800-221-2221

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

Phone (207) 443-9752

Email [info@uwmcm.org](mailto:info@uwmcm.org)

[www.uwmcm.org](http://www.uwmcm.org)

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