



Maine

A service of United

JULY 2023
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
Midcoast Youth Center – Dinner for Youth ...443-8750
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.....582-2684
St. Philip's Help Yourself Shelf882-7184
TANF..... 855-797-4357
Waldoboro Food Pantry.....520-5100
Westport Island Helping Hands 882-5464
Women, Infants, & Children (WIC) 800-437-9300

TRANSPORTATION

- Amtrak Downeaster..... 800-872-7245
Bath City Bus443-8365
Boothbay Community Rides 633-4357
Brunswick Link 721-9600
Lincoln County FISH 350-9808
MaineCare Transportation..... 844-736-7847
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 Maine504-9332
Housing Discrimination Hotline.....800-669-9777
LIHEAP (Heating Assistance)
KVCAP - Lincoln & Sagadahoc800-542-8227
Opportunity Alliance - Cumberland County ...523-5049
Maine Housing Authority626-4600
Midcoast Youth Center – Bath443-8750
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 - Brunswick ...729-0288
Volunteers of America Housing373-1140
Warm Thy Neighbor-Fuel Assistance (Brunswick)729-1161

EDUCATION & EMPLOYMENT SERVICES

- ASPIRE.....855-797-4357
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
Midcoast Youth Center – Bath443-8750
New Ventures Maine – free classes386-1664
Southern Maine Community College.....741-5500
Technical High School Vocation Ed - Brunswick .. 729-6622
Unemployment Insurance800-593-7660
UMA Brunswick Center442-7736
Vocational Rehabilitation.....800-760-1573

LEGAL & TAX INFORMATION

- CASH Coalition – Free Tax Prep295-6340
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
Amistad773-1956
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 County563-1330
HIV/STD/Hepatitis Info (CDC) 800-821-5821
Jessie Albert Dental and Orthodontic Center.443-9721
Lincoln County Dental386-6600
LincolnHealth – Boothbay Harbor.....633-2122
 Damariscotta563-1234
Low-Cost Drug Program..... 800-965-7476
Maine Behavioral Health 844-292-0111
Maine Family Planning622-7524
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 - Brunswick373-6000
Mid Coast Hospital Outpatient Behavioral Health . 373-6950
Mid Coast Walk-in Clinic - Brunswick406-7500
Miles & St. Andrews Home Health/Hospice ...563-4592
Miles Hospital..... 207-563-1234
Narcotics Anonymous Helpline.....800-974-0062
OASIS Free Clinics721-9277
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 Care633-2121
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

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 - Brunswick725-4371
Legal Services for the Elderly800-750-5353
Long Term Care Ombudsman.....800-499-0229
Maine Relay Service for the Deaf711
Meals on Wheels.....800-639-1553
Mid Coast Senior Health373-3646
Mobius, Inc. - Damariscotta.....563-3511
People Helping People – BBH Region only ...633-9876
People Plus-Brunswick.....729-0757
Pine Tree Society443-3341
Richmond Area Senior Center.....737-2161
SEARCH- Elder Outreach837-8810
Spectrum Generations800-639-1553
The IRIS Network800-715-0097
Vocational Rehabilitation800-605-6722

CHILDREN, YOUTH & FAMILY

Bath Area Family YMCA443-4112
Big Brothers Big Sisters of Bath-Brunswick...729-7736
Big Brothers Big Sisters of Mid-Maine236-2227
Boothbay Region YMCA633-2855
Boy Scouts of America797-5252
Brunswick Teen Center721-0754
Central Lincoln Co. YMCA563-9622
Child & Family Services DHHS877-680-5866
Child Development Services624-6660
Coastal Kids Preschool563-5335
Families Can! (MMCA) 442-7963 x230
Family Focus - Child Care Services406-4415
G.E.A.R. Parent Network Services800-264-9224
Girl Scouts of Maine888-922-4763
Head Start & Early Head Start..... 442-7963 x 236
Healthy Kids (Lincoln Co.)563-1818
Home to Home-Supervised Visitation837-4894
LGBTQ Hotline - National.....888-843-4564
LGBTQ Hotline - Senior888-234-7243
LGBTQ Hotline - Youth800-246-7743
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 - Bath443-8750
Runaway Safeline800-786-2929
Seeds of Independence Youth Collaborative.522-5155
United Way of Mid Coast Maine443-9752
Women, Infants & Children (WIC)800-437-9300



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www.uwmcm.org

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