



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 Pantry .....751-7779
Midcoast Hunger Food Pantry- Brunswick.....725-2716
Friends Helping Food Pantry - Bowdoin .....449-6326
General Assistance ..... Dial 211
Jefferson Area Community Food Pantry .....315-1134
Midcoast Youth Center – Dinner for Youth ...443-8750
MMCA .....442-7963
New Harbor Food Pantry .....529-2501
Newcastle Ecumenical Food Pantry .....563-1311
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 Shelf .....882-7184
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 Bus .....443-8365
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 Authority .....725-8711
CEI Housing Counselor.....504-5900
CHIP – Lincoln County .....677-3450
Community Energy Fund-Lincoln Co.....563-3883
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 .....504-9332
Housing Discrimination Hotline.....800-669-9777
LIHEAP (Heating Assistance)
KVCAP - Lincoln & Sagadahoc .....800-542-8227
Opportunity Alliance - Cumberland County ...523-5049
Maine Housing Authority .....626-4600
Midcoast Youth Center – Bath .....443-8750
MMCA Housing Counseling .....800-221-2221
Neighborhood Café - Day Center -Bath.....443-2187
Rebuilding Together Lincoln County.....380-5719
Salvation Army .....443-3611
Tedford Housing.....729-1161
The Gathering Place - Day Center - Brunswick ...729-0288
Volunteers of America Housing .....373-1140
Warm Thy Neighbor-Fuel Assistance (Brunswick) .....729-1161

EDUCATION & EMPLOYMENT SERVICES

- ASPIRE.....855-797-4357
Bath/Wiscasset Adult Education .....443-8255
Boothbay Region Adult Education .....633-3224
Central Lincoln County Adult Education ..... 563-2811
Maine Career Center.....888-457-8883
Merrymeeting Adult Ed - Brunswick/Topsham....729-7323
Midcoast Literacy .....443-6384
Midcoast Senior College .....725-4900
Midcoast Youth Center – Bath .....443-8750
New Ventures Maine – free classes .....386-1664
Southern Maine Community College.....741-5500
Technical High School Vocation Ed - Brunswick .. 729-6622
Unemployment Insurance .....800-593-7660
UMA Brunswick Center .....442-7736
Vocational Rehabilitation.....800-760-1573

LEGAL & TAX INFORMATION

- CASH Coalition – Free Tax Prep .....295-6340
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

## 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) ..... 800-821-5821  
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

## 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 .....800-605-6722

## 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 .....624-6660  
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  
LGBTQ Hotline - National.....888-843-4564  
LGBTQ Hotline - Senior .....888-234-7243  
LGBTQ 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.522-5155  
United Way of Mid Coast Maine .....443-9752  
Women, Infants & Children (WIC) .....800-437-9300



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

**TEXT your zip code to 898-211**  
**EMAIL: [info@211maine.org](mailto:info@211maine.org) VISIT: [211maine.org](http://211maine.org)**

**FREE & CONFIDENTIAL** Information & referral service

**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*