



Maine

A service of United Ways of Maine

January 2025
DIRECTORY of COMMONLY REQUESTED COMMUNITY SERVICES



Need Help? DIAL 211 free & confidential

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

EMERGENCY/DISASTER SERVICES

- EMERGENCY.....DIAL 911
Suicide & Crisis Lifeline.....Dial 988
American Red Cross 729-6779
Maine Emergency Management 800-452-8735
Maine Crisis Line.....888-568-1112
Maine Poison Control Center 800-222-1222

ABUSE / ASSAULT

- Adult Protective Intake..... 800-624-8404
Child Protective Services – DHHS 800-452-1999
Maine Domestic Violence Hotline 866-834-4357
New Hope Midcoast Domestic Violence.....800-522-3304
Sexual Assault Support Services Midcoast... 800-871-7741
Through These Doors Domestic Violence800-537-6066

FOOD / CLOTHING / EMERGENCY ASSISTANCE

- Alna Food Pantry586-5313
Bath Food Pantry & Soup Kitchen 737-9289
Boothbay Region Food Pantry 350-2962
Bowdoinham Food Pantry.....751-7779
Central Lincoln County YMCA Community Navigator...403-4116
Midcoast Hunger Food Pantry – Brunswick..... 725-2716
Friends Helping Food Pantry – Bowdoin... 449-6326
General Assistance...Dial 211 or 800-442-6003 or Town Office
Healthy Lincoln County..... 350-0536
Jefferson Area Community Food Pantry.....315-1134
Neighborhood Café – Bath.....443-2187
New Harbor Food Pantry529-2501
Newcastle Ecumenical Food Pantry563-1311
Richmond Food Pantry607-2777
Salvation Army Bath-Brunswick.....443-3611
Salvation Army – other communities Dial 211
SNAP855-797-4357
St. Denis Whitefield Food Pantry..... 582-2684
Temporary Assistance for Needy Families..... 800-442-6003
Waldoboro Food Pantry.....542-3855
Westport Island Helping Hands.....882-5464
Wiscasset Help Yourself Shelf882-7184
Women, Infants, & Children (WIC) 800-437-9300

TRANSPORTATION

- Bath City Bus443-8363
Boothbay Community Rides 633-4357
Brunswick Link..... 721-9600
Brunswick Taxi..... 729-3688
Lincoln County FISH..... 350-9808
MaineCare Non-Emergency Transportation & Midcoast Connector 844-736-7847
METRO BREEZ Bus – Cumberland County 774-0351
Volunteer Transportation Network – Brunswick...729-0757

HOUSING / SHELTER / RENT / UTILITIES

- Bath Housing Authority..... 443-3116
Brunswick/Topsham Housing Authority.....725-8711
CEI Housing Counselor.....877-340-2649
CHIP Lincoln County..... 677-3450
Community Energy Fund – Lincoln County 563-3883
Community Resource Council – Boothbay 350-1743
DHHS Emergency Assistance..... 855-797-4357
General Assistance...Dial 211 or 800-442-6003 or Town Office
Habitat for Humanity / 7 Rivers Maine 504-9340
Housing Discrimination Hotline.....800-669-9777
Immigrant Resource Center of Maine Brunswick.. 816-1195
LIHEAP (Heating Assistance)
MMCA – Lincoln & Sagadahoc Co..... 442-7963
Opportunity Alliance – Cumberland Co 800-698-4959
Maine Housing 626-4600
MMCA Housing Counseling 800-221-2221
Rebuilding Together Lincoln County..... 380-5719
Salvation Army Bath-Brunswick 443-3611
Tedford Housing – Brunswick 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/JOBS855-797-4357
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 Adult & Community Ed Waldoboro..... 832-5205
Midcoast Literacy 443-6384
Midcoast Senior College 725-4900
New Ventures Maine – free classes..... 386-1664
Region 10 Technical High School.....729-6622
Southern Maine Community College – Brunswick....844-2102
Unemployment Insurance 800-593-7660
UMA Brunswick Center 442-7736
Vocational Rehabilitation 800-760-1573
Wiscasset Adult Education.....882-9710

LEGAL & TAX INFORMATION

- Midcoast CA\$H – Free Tax Preparation.....295-6340
Legal Services for the Elderly..... 800-750-5353
Maine Equal Justice Partners.....866-626-7059
Pine Tree Legal Assistance.....774-8211
Veterans Affairs (VA)..... 800-827-1000

HEALTH / MENTAL HEALTH

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|---|--------------|
| Addiction Outreach – Boothbay Region..... | 350-7477 |
| Alcoholics Anonymous – Statewide..... | 800-737-6237 |
| Alliance on Mental Illness (NAMI)..... | 800-464-5767 |
| Commonspace – Bath Recovery Community..... | 350-3154 |
| Boothbay Region District Nursing Association..... | 633-5533 |
| CHANS Home Health & Hospice..... | 729-6782 |
| Childhood Lead Poisoning Prevention..... | 866-292-3474 |
| Consumers for Affordable Health Care..... | 800-965-7476 |
| Health Insurance Navigator (MMCA)..... | 800-221-2221 |
| Healthy Lincoln County..... | 563-1330 |
| Jessie Albert Dental and Orthodontic Center..... | 443-9721 |
| Lincoln County Dental..... | 386-6600 |
| Lincoln County Recovery Center..... | 563-6374 |
| Maine Behavioral Health..... | 844-292-0111 |
| Maine CDC HIV/STI/Hepatitis..... | 800-821-5821 |
| Maine DHHS Office of Behavioral Health..... | 287-2595 |
| Maine Family Planning Damariscotta..... | 922-3222 |
| Maine HIV/AIDS hotline..... | 800-851-2437 |
| Maine Tobacco/Vaping QuitLine..... | 800-784-8669 |
| MaineCare Member Services..... | 800-977-6740 |
| MaineHealth Behavioral Health – Brunswick..... | 373-6950 |
| MaineHealth Behavioral Health – Damariscotta..... | 563-2311 |
| MaineHealth Home Health & Hospice – Brunswick..... | 729-6782 |
| MaineHealth Home Health & Hospice – Damariscotta..... | 563-4592 |
| MaineHealth, Mid Coast Hospital – Brunswick..... | 373-6000 |
| MaineHealth, Lincoln Hospital – Boothbay Harbor..... | 633-2121 |
| MaineHealth, Lincoln Hospital – Damariscotta..... | 563-1234 |
| Medicare..... | 800-633-4227 |
| Mental Health Crisis Hotline..... | 888-568-1112 |
| Narcotics Anonymous Helpline..... | 800-683-0146 |
| OASIS Free Clinics Medical/Dental Brunswick..... | 721-9277 |
| Planned Parenthood – Health Center Topsham..... | 725-8264 |
| Public Health Nurse – Maine CDC..... | 888-644-1130 |
| Richmond Area Health Center..... | 737-4359 |
| Sheepscoot Valley Health Center – Whitefield..... | 549-7581 |
| Suicide & Crisis Lifeline..... | DIAL 988 |
| Support Groups..... | DIAL 211 |
| Sweetser Behavioral Health..... | 800-434-3000 |
| Veterans Medical Center – Togus – Augusta..... | 877-421-8263 |

AGING & DISABILITIES SERVICES

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|---|--------------|
| Alpha One..... | 800-640-7200 |
| Alzheimer’s Association..... | 800-272-3900 |
| Bath Area Senior 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 Division for the Blind & Visually Impaired..... | 623-7948 |
| Maine Relay Service for the Deaf..... | 711 |
| Maine Office of Aging and Disability..... | 800-262-2232 |
| Meals on Wheels..... | 800-639-1553 |
| Mid Coast Senior Center..... | 373-3646 |
| Mobius, Inc. – Damariscotta..... | 563-3511 |
| People Helping People – Boothbay Harbor..... | 633-9876 |
| People Plus – Brunswick..... | 729-0757 |
| Pine Tree Society..... | 386-5920 |
| Richmond Area Senior Center..... | 737-2161 |
| SEARCH – Elder Outreach..... | 837-8810 |
| Spectrum Generations..... | 800-639-1553 |
| The IRIS Network..... | 774-6273 |
| Vocational Rehabilitation..... | 800-593-7660 |

CHILDREN, YOUTH & FAMILY

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|---|----------------|
| 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 |
| Brunswick Teen Center..... | 721-0754 |
| Central Lincoln Co. YMCA..... | 563-9622 |
| Child & Family Services DHHS..... | 800-452-1999 |
| Child Development Services..... | 624-6629 |
| 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 County..... | 563-1818 |
| Home to Home-Supervised Visitation..... | 837-4894 |
| LGBTQ Hotline – National..... | 888-843-4564 |
| LGBTQ Hotline – Senior..... | 888-234-7243 |
| LGBTQ Talkline – 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 |
| Scouting America..... | 517-6196 |
| Women, Infants & Children (WIC)..... | 800-437-9300 |

