

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
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	563-8668
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/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	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

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
Elmhurst, Inc.-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.....	800-499-0229
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.....	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.....	442-7963 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