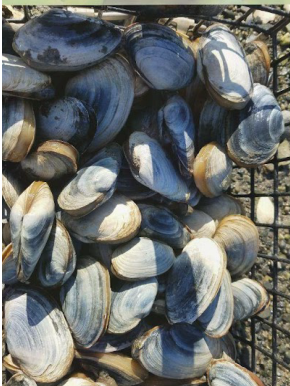


DOWNEAST RESOURCE GUIDE



2024-2025



Welcome to the
Washington & Hancock County
Resource Guide 2024-2025

This guide was compiled by Healthy Acadia's Maine Recovery Core Intern Alicia Jonah. You will find the resources in this guide are split into two sections, Hancock County and Washington County.

While the information in this guide is accurate at the time of printing, we cannot guarantee the accuracy of this information. Changes may occur over time and we will do our best to keep this guide up-to-date and accurate. For additions and corrections, please email renee.mozeliak@healthyacadia.org

Washington County Resources

<u>Child and Family Services</u>	6
<u>Domestic Violence Resources</u>	8
<u>Education</u>	8
<u>Employment</u>	10
<u>Financial Resources</u>	11

Food

<u>Food Pantries</u>	12
<u>Farmers Markets</u>	14

Health Care & Peer Support

<u>Counseling Services</u>	15
<u>Dental Services</u>	17
<u>Hospitals</u>	17
<u>Medical Centers</u>	17
<u>Massage</u>	19
<u>Indigenous Helplines</u>	19
<u>Substance-Related Health Care</u>	20
<u>Community Recovery Centers</u>	21
<u>Harm Reduction</u>	21
<u>Peer Support</u>	22
<u>Support Groups</u>	23
<u>Housing</u>	24
<u>Legal</u>	25
<u>Transportation</u>	26

Hancock County Resources

<u>Child and Family Services</u>	27
<u>Domestic Violence Resources</u>	29
<u>Education</u>	29
<u>Employment</u>	30

Food

<u>Food Pantries</u>	31
<u>Farmers Markets</u>	34

Health Care & Peer Support

<u>Counseling Services</u>	35
<u>Dental Services</u>	39
<u>Hospitals</u>	40
<u>Medical Centers</u>	40
<u>Massage</u>	41
<u>Mindfulness/Meditation/Yoga</u>	42
<u>Indigenous Helplines</u>	43
<u>Substance-Related Health Care</u>	43
<u>MAT Medication Assisted Treatment</u>	43
<u>Detox</u>	43
<u>Community Recovery Centers</u>	44
<u>Harm Reduction</u>	44
<u>Peer Support</u>	45
<u>Support Groups</u>	46
<u>Housing</u>	47
<u>Legal</u>	49

Other Resources: Maine & National

<u>Emergency/Transitional Housing in Bangor..</u>	<u>50</u>
<u>Other Maine Support Numbers</u>	<u>52</u>
<u>Crisis & Emergency Helplines</u>	<u>52</u>
<u>Peer Support</u>	<u>52</u>
<u>Substance Use Support</u>	<u>53</u>
<u>Legal</u>	<u>55</u>
<u>Support for Incarcerated Individuals</u>	<u>55</u>
<u>Domestic Violence</u>	<u>55</u>
<u>Sexual Assault</u>	<u>55</u>
<u>Food Related</u>	<u>56</u>
<u>Child & Family Services</u>	<u>56</u>
<u>Health Care & Insurance Information</u>	<u>57</u>
<u>Organizations</u>	<u>58</u>

WASHINGTON COUNTY

Child and Family Services

Bridging Program P: (207) 610-0740
www.downeastcommunitypartners.org F: (207) 610-5121
Downeast Community Partners
Offers support for prenatal moms on drug replacement therapy or who have a high-risk pregnancy. Call for more information.
Anyone can make a referral

Child Development Services P: (207) 255-4892
<https://www.maine.gov/doe/learning/cds>
247 Main St, *Machias*
Regional CDS sites provide case management and direct instruction for families with children from birth through age five. Each site conducts Child Find, which is the process of identifying children with disabilities.

Community Caring Collaborative P: (207) 255-8000
www.cccmaine.org/services-programs
PO Box 224, *East Machias*
Visit the website or call for available programs and services.

Downeast Community Partners P: (207) 259-5015
www.downeastcommunitypartners.org/services/children-and-education
7 VIP Drive, *Machias*

Families Futures Downeast P: (207) 255-0983
<https://familyfuturesdowneast.org> E:familyfutures@sunrisecounty.org
7 Ames Way, *Machias*
1 College Drive, WCCC, *Calais*
A 2-generation program designed to improve economic outcomes for low-income families access postsecondary education for parents delivered in a cohort model at the same time their children access higher education.

Flaherty Early Education P: (207) 255-1441
116 O'Brien Ave., *Machias*

Headstart
www.headstartprograms.org

Calais P: (207) 667-2995
53 Garfield St

Harrington P: (207) 667-2995
1491 US Highway 1A

Lubec Learning Center P: (207) 733-2203
44 South St.

St. Croix P: (207) 667-2995
25 Gatcomb Dr.

Maine Seacoast Missions P: (207) 546-4466
seacoastmission.org
6 Weald Bethel Lane, *Cherryfield*

Maine Families Washington County P: (207) 255-0481
www.maineamilieswc.org F: (207) 259-6054
108 Court St, *Machias*
Home visitors provide support for expectant parents and parents of newborns, childbirth classes, lactation counseling, and more.

Safe Families for Children P: (207) 713-0523
www.safe-families.org E: maine@safefamilies.net
108 Court St., *Machias*

Sunrise Opportunities P: (207) 255-3426
sun-rise.org/child-services F: (207) 255-2661
Washington County Children's Program
Pam Beal E: pbeal@sun-rise.org
Contact Pam for information on programs and eligibility requirements.

We Care Baby Center P: (207) 255-8903
5 Water St., *Machias*

WINGS P: (207) 941-2988
www.wingsinc.org TF: 1-800-823-2988
168 Main St. Suite 7, *Machias*

Case management for children with mental health & special needs.

WCCC Child Care Opportunities P: (207) 454-3212
www.wccc.me.edu
Washington County Community College, *Calais*

Child care is available on a sliding scale based on income and family size. Call for more information

Women, Infants, & Children (WIC) P: (207) 454-3634
WIC Nutrition Program TF: 1-800-492-5550
10 Barker St Suite D, *Calais*

WIC Nutrition Program

P: (207) 255-8280

247 Main St Suite 2, *Machias*

Income-qualified pregnant or breastfeeding women or parents of infants and children up to 5 years old can apply for benefits online or in person.

Domestic Violence/Sexual Assault

Domestic Violence Helpline

www.mcedv.org

Statewide 24/7

Helpline: 1-866-834-4357(HELP)

Connects callers with advocates at domestic violence resource centers and provides information, crisis counseling, emotional support, and advocacy.

Domestic Violence Helpline Spanish

P: (207) 553-2252

The Next Step

P: (207) 255-4934

www.nextstepdvproject.org

info@nextstepdvproject.org

Machias

Maine Coalition Against Sexual Assault

www.mecasa.org

Statewide 24/7

Helpline: 1-800-871-7741

National Human Trafficking Helpline

Text: 233733

Nationwide 24/7

Helpline: 1-888-373-7888

Rape, Abuse, & Incest National Network (RAINN)

www.rainn.org

Nationwide 24/7

Helpline: 1-800-656-HOPE

Education

Family Futures Downeast

P:(207) 255-0983

familyfuturesdowneast.org

E:familyfutures@sunrisecounty.org

7 Ames Way, *Machias*

300 North St, Suite 1, *Calais*

A 2-generation college program designed for parents and their children. Visit the website for more information or call the contact provided.

Families Forward

E: HelpME@fedcap.org

www.fedcapmaine.org

TF: 1-877-369-0934

10 Barker St, *Calais*

P:(207) 454-4480

89 Court St, *Machias*

P:(207)271-4810

TF: 1-844-585-2505

Creates Opportunities for people with barriers to economic well-being and offers an array of services through its practice areas - education, workforce

development, occupational health, and economic development. Visit the website or call for more information.

Flaherty Early Education P:(207) 255-1441
116 OBrien Ave., *Machias*

Headstart
www.headstartprograms.org TF: 1-800-834-437

Calais P: (207) 667-2995
53 Garfield St

Harrington P: (207) 667-2995
1491 US Highway 1A

Lubec Learning Center P: (207) 733-2203
44 South St.

St. Croix P: (207) 667-2995
25 Gatcomb Dr. *Calais*

Literacy Volunteers of Washington County P:(207) 726-4688
https://lvwc-me.com E: read@lvwc-me.com

Lubec
Literacy Volunteers provide tutoring for reading and writing skills and more.
Visit the website or call for more information.

Maine Educational Opportunity Center TF:1-800-281-3703
meoc.maine.edu

Statewide Program
Assists individuals in completing college admission and financial aid forms and offers career counseling to those individuals wishing to return to school

Passages Program E: info@wayfinderschools.org
www.wayfinderschools.org/our-passages-program

Washington County Office P: (207) 236-3000
University of Maine *Machias* F: (207) 236-2505

116 O'Brien Ave, Torrey Hall 101, *Machias*
A home-based high school diploma program, designed for teen parents, allows earning a high school diploma and developing life skills and parenting skills.

National Digital Equity Center P: (207) 259-5010
https://digitalequitycenter.org/ info@digitalequitycenter.org

The National Digital Equity Center's "Maine Digital Inclusion Initiative" program helps to provide job training & employment-related education as well as technology training to adults.

Washington County Adult Ed
www.washingtoncounty.maineadulted.org
6 Colonial Way, *Machias*

P: (207) 255-4917
P: (207) 370-4139
E: info@wcadulteducation.com

Narraguagus Adult Ed
www.msad37.maineadulted.org
1227 US Highway 1A, *Harrington*

P: (207) 483-6681
E: ebrooks@msad37.org

Employment

Eastern Maine Development Corporation (EMDC)
www.emdc.org

E: workforce@emdc.org
P: (207) 951-2349

53 Prescott Drive, *Machias*

EMDC works with individuals to connect them with job opportunities, access to educational programming, skills training, and more. Visit the website or call for more information on the programs and services available.

Maine Career Centers
www.mainecareercenter.gov

Calais Career Center
5 Lowell St.

P: (207) 623-7981
F: (207) 454-0349
E: calais.careercenter@maine.gov

Machias Career Center
53 Prescott Dr, Suite 1

P: (207) 623-7981
F: (207) 255-4778
E: machias.careercenter@maine.gov

Provides a variety of employment and training services at no cost for Maine workers and businesses.

Mano En Mano
www.manomaine.org
4 Maple St, *Milbridge*

P: (207) 546-3006
E: info@manomaine.org

Provides farmworkers and immigrants with the information and assistance they need.

Sunrise Opportunities - Employment Services
sun-rise.org/employment

Julie Daniels
Machias

P: (207) 255-6789
E: jdaniels@sun-rise.org

Visit the website for more information on this and other services Sunrise Opportunities provides.

Sunrise Opportunities - Community/Work Support Services
https://sun-rise.org

Calais Contact
Troy Donovan, Director

P: (207) 454-0001
E: tdonovan@sun-rise.org

Machias/Milbridge Contact

Rob Hood, Director

P: (207) 255-8858

E: hood@sun-rise.org

Contact Troy or Rob for eligibility requirements and referral information.

Visit the website for more information on this and other services Sunrise Opportunities Provides.

Financial Support

CCC - Hope Fund Machias

www.cccmaine.org

E: adonaghy@ccmaine.org

The Hope Fund is available to Washington County residents and provides one-time financial assistance for expenses that threaten a family’s ability to care for their young children. Visit their website under Programs & Services or contact them using the email provided to get more information or eligibility questions.

CCC - Dream Fund Machias

www.cccmaine.org

P: (207) 255-8000

An initiative of the CCC to allow children and young adults to pursue their interest in something that gives them joy and may be beyond the financial capacity of their family. This fund is available to Washington County residents only.

CCC - Joy Fund

www.cccmaine.org

Available to residents of Washington County only, the Joy Fund is available to first-time home buyers who qualify for the assistance. Please visit their website under Programs & Services to learn more and for the application.

Healthy Acadia - Colorectal Cancer Screening Support Fund

www.healthyacadia.org

P: (207) 255-3741

E: cancernavigation@healthyacadia.org

Exists to help in cases where the cost of screening transportation to screening, or other barriers prevent access to screening. Ages 45+ Visit the Healthy Acadia website and click on the Need Help? Button or call for more information.

Healthy Acadia - Neighbor 4 Neighbor Fund

www.healthyacadia.org

P: (207) 255-3741

E: nina@healthyacadia.org

The Neighbor4Neighbor Fund provides mini-grants of up to \$500.00 to senior citizens who are facing any one of many life crises that arise unexpectedly. Mini-grants may cover such things as eyeglasses, dentures, medical equipment, household repairs, or other one-time challenges.

Downeast Community Partners
www.downeastcommunitypartners.org
7 VIP Drive, *Machias*

P: (207) 259-5015
TDD: (207) 546-7607

E: dcp@downeastcommunitypartners.org

Visit the DCP website or call one of the contacts provided for more information on the services and programs.

Maine Seacoast Mission Downeast Campus- Good Neighbor Fund

P: (207) 546-4466

www.seacoastmission.org
39 Weald Bethel Ln., *Cherryfield*

The Good Neighbor Fund provides financial assistance to help EdGE families stabilize, sustain, or improve their households in ways that will have a positive impact on their lives. The Fund accepts applications for resources including housing, transportation, medical or dental care, safety items, and or work and education.

Families Forward
www.fedcapmaine.org
10 Barker St, *Calais*
89 Court St, *Machias*

E: HelpME@fedcap.org
TF: 1-877-369-0934
P: (207) 454-4480
P: (207) 271-4810

Creates Opportunities for people with barriers to economic well-being and offers an array of services through its practice areas - education, workforce development, occupational health, and economic development. Visit the website or call for more information.

Food Related

Food Pantries:

Calais

Irene Chadbourne Ecumenical Food Pantry
Father David Sivret
513 Main St, *Calais*
Days & Hours: Mon, 3p-5p, Thurs 10a-12p, Fri, 1p-3p

P: (207) 214-4883
E: chsivret133@yahoo.com

Cherryfield

Maine Seacoast Mission Family Food Center
seacoastmission.org/
Megan Smith
6 Weald Bethel Ln, *Cherryfield*
Days & Hours: Tue & Thu, 9a-12p, Wed, 2p-4p

P: (207) 546-7424
E: msmith@seacoastmission.org

Danforth

Danforth Food Pantry

Marily Stoddard

85 Bancroft Rd, *Danforth*

Days & Hours: First Wed AFTER the first Tues, 3-6

First and Third Thurs, 10-12

P: (207) 538-6954

E: brooks7.island@yahoo.com

Eastport

Labor of Love (Garrapy) Food Pantry

137 County Rd, *Eastport* E: manager@eastportlaboroflove.org

Days & Hours: Fri, 2-5:30

Emergency food available 3rd, 4th, & 5th Tues of the month, 9a-11a *Register by calling.*

P: (207) 853-0812

Indian Township

Passamaquoddy Tribe at Indian Township Food Pantry

29 US Rt. 1, *Princeton*

Days & Hours: Mon-Thurs, 9-2

P: (207) 796-2908

Jonesport

Jonesport Food Pantry

Sawyer Memorial Congregational Church

Pastor Phyllis Merritt

Alan Golembeski

28 Sawyer Square, *Jonesport*

Days & Hours: Wed, 9a-11a

E: smcc28@myfairpoint.net

P: (207) 497-2294

P: (207) 497-5985

Lubec

Lubec Community Outreach Center

Jenn Briston

44 South St, *Lubec*

Days & Hours: 2nd & 4th Sat of month 9:30-12p

May only go in once a month.

P: (207) 733-5262

E: opscoordinator@lubecoutreach.org

Machias

Machias Area Food Pantry

43 Kennebec Rd, *Machias*

Ken Warner

Days & Hours: Mon, 1p-6p

P: (207) 259-6044

P: (207) 598-8222

Downeast Community Partners

Heath Mawhinney E: Heather.Mawhinney@downeastcommunitypartners.org 7

VIP Dr, *Machias*

Days & Hours: Call for appointment

P: (207) 460-5613

Pleasant Point

Passamaquoddy Food Pantry

P: (207) 853-5139

Diane Libby

22 Bayview Dr, *Perry*

Days & Hours: Mon-Thurs, 9a-3p

Woodland/Baileysville

Woodland Community Food Pantry

P: (207) 427-6518

Tonya Scott

E: musicalsunset@yahoo.com

55 Broadway, *Woodland*

Days & Hours: 1st & 4th Thurs, 9a-11a Delivery is available based on need assessment.

Farmers Markets

<p><u><i>Denny's River</i></u> <u><i>Farmers Market</i></u> 17 King St Dennyville Wednesday 3p-6p</p>	<p><u><i>Sunrise County</i></u> <u><i>Farmers Market</i></u> 141 Water St Eastport Saturday 10a-12p</p>
<p><u><i>Redbird Farm</i></u> 1491 Main St Harrington Wednesday 10a-5p</p>	<p><u><i>Lubec Market</i></u> 55 Water St Lubec Saturday 9a-11a</p>
<p><u><i>Machias Marketplace</i></u> 167 Dublin St Machias Tues-Fri 9a-5p & Sat 9a-2p</p>	<p><u><i>Machias Valley Farmers Market</i></u> Route 1 on the Dike P: (207) 255-0605 Fri & Sat 9a-1p</p>
<p><u><i>Marion Township</i></u> P: (207) 726-4599 Call to order</p>	<p><u><i>Milbridge Farmers Market</i></u> 29 Main St Milbridge Sat 9a-12p</p>
<p><u><i>Phoenix Rising Farm, LLC</i></u> 393 Houlton Rd Waite Daily 8a-12p</p>	<p><u><i>Waite General Store</i></u> 455 Houlton Rd Waite Mon-Sat 6a-7p</p>

Maine Federation of Farmers Markets
www.realmaine.com/

University of Maine in Machias Co-Operative Extension:

<https://extension.umaine.edu/>

Grant-funded programs focus: education, food systems, business development, and youth development through 4-H programs. See the website for more information and a list of ongoing classes, training, and programs.

Health Care & Medical

Counseling Services

Community Health and Counseling Services (CHCS)

www.chcs-me.org/

P: (207) 255-6786

15 Kids Corner, *Machias*

Health Affiliates Maine

P: (207) 333-3278

www.healthaffiliatesmaine.com

Request a referral from the website or call the number provided.

Sarina L Brooks, LCSW

P: (207) 263-8138

89 Court St Suite 206, *Machias*

Provides services for children, adults, and adolescents. Certified in Triple P Parenting and TIR (Trauma Incident Reduction).

Serita Corey-Childs, LCSW

P: (207) 259-1233

Jonesport

Provides services for adolescents, adults, children, and families.

Wendy Evans, LCSW

P: (207) 255-4600

17 Stackpole Rd. Suite 5 *Machias*

Provides services for adolescents, adults, children, couples, and families.

Kristina Knabenshue, LCPC, CADC

P: (207) 598-5957

89 Maine St Suite D, *Machias*

Provides services for adolescents, families, older and young adults.

Laura Landry, LCSW

P: (207) 271-8105

17 Stackpole Dr Suite 5, *Machias*

Provides services for adults and families. Specializes in helping people reach their goals and potential.

Tara Librizzi, LCSW

P: (207) 255-5090

4 Colonial Way Suite 2, *Machias*

Provides services for adolescents and families.

James H Pearce, LMFT

P: (207) 263-3255

567 Main St, *East Machias*

Provides services for adolescents, couples, families, older and younger adults. Expertise areas include but are not limited to - marriage therapy, parenting, men's issues, Male adolescent issues, and substance abuse.

Valerie Renshaw, LCPC

P: (207) 263-8884

1 Stackpole Rd, *Machias*

Provides services for adolescents, adults, children, couples, and families.

Kandi Roberston, LCSW, RPT P: (207) 598-0432
66 Main St, *Milbridge*
Provides services for adolescents and adults.

Sayber van de Sande, LCPC, LADC P: (207) 271-0062
167 High Head Rd, *East Machias* E: saybervandesandelcpc@gmail.com
Provides services for all ages. Offers Holistic, trauma-informed, and person-centered counseling.

Tammy Carr LCPC, LADC, CCS P: (207) 598-8364
PO Box 148, *Jonesport*

Holly J Greenleaf-Whitney, LCPC P: (207) 632-0035
Washington Academy
PO Box 190, *East Machias*
Provides services for adolescents and families. Private mental health counselor who focuses their work in Washington Academy.

Eastport Health Care P: (207) 853-6001
www.eastporthealth.org F: (207) 853-6180
Rowland B French Medical & Vogl Behavioral Health Center
30 Boynton St, *Eastport*
Daniel Gasper, LCPC, LADC P: (207) 530-7774
87 Milbridge Rd Suite 1, *Cherryfield* F: (207) 546-2100
E: dangasper23@gmail.com

Provides services for couples, older adults, and young adults.

Harrington Health Center P: (207)-483-4502
www.hfhc.heathcare
50 East Main St., *Harrington*

HealthWays Locations P: (207) 733-5541
www.rmcl.org
Regional Medical Center, 43 South Lubec Rd, *Lubec*

MAS Community Health P: (207) 259-1645
mascommunityhealth.com/
60 Main St, *Machias*

AMHC P: (207) 255-0996
www.amhc.org/mental-health-services/
14 Steve's Lane, *Machias*

Jessica Wood, CADC P: (207) 454-0775
E: jessicawood@amhc.org
127 Palmer St, *Calais*
Affiliation with AMHC, specializing in supporting individuals with substance use disorder and affected others.

Dental Services

Eastport Health Care
www.eastporthealth.org
30 Boynton St, *Eastport*

P: (207) 853-6001
F: (207) 853-6180

Harrington Family Health Center
hfhc.healthcare/services
50 East Main St, *Harrington*

P: (207) 483-4502

Regional Medical Center at Lubec
www.rmcl.org
43 S Lubec Rd, *Lubec*

P: (207) 733-5541

St Croix Family Health Center
www.scrhc.org
136 Mill St, *Princeton*

P: (207) 796-5503

ToothFairy Bus

P: (207) 255-3254

Teresa Alley

E: talley@sun-rise.org

A free dental program for children that is run by the Washington County Children's Program. Complete care for children and emergency visits for adults.

Hospitals

Calais Regional Hospital
www.calaishospital.org
24 Hospital Ln, *Calais*

P: (207) 454-7521

Down East Community Hospital
www.dech.org
11 Hospital Dr, *Machias*

P: (207) 255-3556

Free & Affordable Medical Centers

Arnold Memorial Medical Center
www.dech.org
70 Snare Creek Rd, *Jonesport*

P: (207) 497-5614

Down East Community Hospital
www.dech.org
11 Hospital Dr., *Machias*

P: (207) 255-3356

East Grand Health Center
www.eastgrand.org
201 Houlton Rd, *Danforth*

P: (207) 448-2347
F: (207) 448-2313

<u>Eastport Healthcare</u> <u>www.eastporthealth.org</u> Machias Family Practice 160 Dublin St, <i>Eastport</i>	P: (207) 255-8290 F: (207) 255-4109
<u>Machias Family Medicine</u> <u>www.dech.org</u> 229 Main St, <i>Machias</i>	P: (207) 255-4567
<u>Harrington Family Health Center</u> <u>hfhc.healthcare</u> 50 East Main Street, <i>Harrington</i>	P: (207) 483-4502
<u>Health Equity Alliance</u> <u>www.mainehealthequity.org</u> <i>Machias</i> Free HIV/HCV testing. Call to make an appointment.	P: (207) 990-3626
<u>Maine Family Planning</u> <u>mainefamilyplanning.org</u> <i>Calais</i> 10 Barker St. Suite D	P: (207) 922-3222
<i>Machias</i> 247 Main St. #2	
<u>Milbridge Medical Center</u> <u>www.dech.org</u> 24 School St, <i>Milbridge</i>	P: (207) 546-2391
<u>Passamaquoddy Health Center</u> <u>passamaquoddyhealth.org</u> 401 Peter Dana Point Rd, <i>Princeton</i>	P: (207) 796-2321
<u>Pleasant Point Health Center</u> <u>www.wabanaki.com</u> 11 Black Rd, <i>Pleasant Point</i>	P: (207) 853-0711
<u>Healthways Regional Medical Center</u> <u>www.rmcl.org</u> 43 S. Lubec Rd., <i>Lubec</i> 893 Main St, <i>East Machias</i>	F: (207) 733-2127 P: (207) 733-5541 P: (207) 255-0102
<u>St Croix Regional Health Center</u> <u>scrhfc.org</u> 136 Mill St, <i>Princeton</i>	P: (207) 796-5503

Massage Therapy

DownEast Massage Therapy
www.downeastmassage.com
848 US RT 1, *Pembroke*

P: (207) 853-4083

Rejuvenation Day Spa
109 North St #4, *Calais*

P: (207) 538-0550

Suntouched Massage Therapy
www.katherinemahonholmes.wordpress.com
Katherine Mahon
58 Dwelley Rd, *East Machias*

P: (207) 263-5057

Indigenous and Tribal Helplines

Indian Township Passamaquoddy Domestic and Sexual Violence

24/7 Helpline: 207-214-1917

Serving survivors of domestic violence, sexual violence, dating violence, stalking, and sex trafficking.

Maliseet Domestic Violence & Sexual Assault Program

24/7 Helpline: 207-532-6401

MicMac Domestic Violence & Sexual Advocacy Center

24/7 Helpline: 207-551-3639

Passamaquoddy Peaceful Relations Program

www.wabanakiwomenscoalition.org

11 Passamaquoddy Rd, *Pleasant Point*

24/7 Helpline: 1-877-853-2613

Serving members of the Pleasant Point Passamaquoddy Tribe and all community members residing on the Pleasant Point Passamaquoddy Reservation who are experiencing domestic violence, sexual assault, dating violence, and stalking.

Passamaquoddy Peaceful Relations DV Program - Township

24/7 Helpline: 207-214-1917

Penobscot Nation

24/7 Helpline: 1-800-631-4886

SUBSTANCE RELATED

Substance Use Treatment Healthcare

Arnold Memorial Medical Center

P: (207) 497-5614

www.dech.org

70 Snare Creek Rd, *Jonesport*

Provides MAT and individual counseling, call or visit the website for more information on services available.

Aroostook Mental Health Center (AMHC) Locations

P: (207) 454-0775

www.amhc.org

Calais Outpatient

127 Palmer St, *Calais*

Machias Outpatient

P: (207) 255-0996

www.amhc.org

14 Steve's Ln, *Marshfield*

Visit the website or call for more information on how DTC may be able to help you.

Calais Comprehensive Treatment Center

TF: 1-888-925-5840

www.ctcprograms.com

12 Beech St, *Calais*

MAT services. Call or visit the website for more information.

Eastport Health Care - Locations

www.eastporthealth.org

Rowland B. French Medical Center Vogl Behavioral Health Center

P: (207) 853-6001

30 Boynton St., *Eastport*

Machias Behavioral Health Center

P: (207) 255-3400

www.eastporthealth.org

160 Dublin St, *Machias*

Groups Recover Together

<https://joingroups.com>

Calais

P: (207) 245-7654

23 Washington St, Suite 3

Machias

53 Prescott Drive

P: (207) 245-7654

Please call or visit the website for more information on how to get involved with Groups.

HealthWays Locations
www.rmcl.org
Regional Medical Center
43 South Lubec Rd, *Lubec*

P: (207) 733-5541
F: (207) 733-2847

East Machias Clinic
www.rmcl.org
893 Main St, *East Machias*

P: (207) 255-0102
F: (207) 259-5079

Passamaquoddy Health Center
<https://passamaquoddyhealth.org>
401 Peter Dana Point Rd, *Princeton*

P:(207) 796-2321

Call or visit the website for more information on the services provided.

Community Recovery Centers

Downeast Recovery Support Centers
11 Free St, *Machias*

P: (207)-259-6238
E: aday@amhc.org

Provides a space for recovery-related activities or gatherings and support for all pathways to recovery. Call for more information.

Calais Peer Recovery
311 Main St, *Calais*

P: (207)-952-9279
E: aday@amhc.org

Provides a space for recovery-related activities or gatherings and support for all pathways to recovery. Call for more information.

Harm Reduction Services

Healthy Acadia
www.healthyacadia.org
Beth Alteri

P: (207) 412-2288

E: beth.alteri@healthyacadia.org

Healthy Acadia offers Naloxone (Narcan) and Fentanyl test strips free of charge. Requests for harm reduction materials can be requested on the website, click on the Need Help? Button.

OPTIONS
<https://knowyouroptions.me>
Washington County

P: (207) 762-4851

Joe Finnemore
Northern Washington County
John Chapman

E: efinnemore@amhc.org

Overdose Prevention Through Intensive Outreach Naloxone and Safety (OPTIONS) initiative.

Maine Access Points
www.maineaccesspoints.org

P: (207) 370-1042

Chasity Tuell
25 Main St. Unit #15, Machias

E: chasity@maineaccesspoints.org

Statewide Mail delivery of Naloxone/Harm Reduction Support, test strips, wound care supplies, community drug checking
FTIR testing Tues & Wed 9-1

Peer Support Services

Free Recovery Coaching Services

Maine Alliance for Recovery Coaching
www.healthyacadia.org

Healthy Acadia, with support from the Office of Behavioral Health, launched Maine-ARC to support community recovery coaching throughout Maine. Recovery Coaching services are **FREE** of charge and confidential. Trained recovery coaches offer direct peer support, helping to improve recovery success and resources among individuals and families facing substance use disorders and other addictions. If you are interested in learning more about the services provided, or how to become a recovery coach, please contact the Maine-ARC Co-Directors:

Denise Black - denise@healthyacadia.org
Terri Woodruff - terri@healthyacadia.org

Maine-ARC Coordinators:

Hancock County -
Lisa Dyer

P: (207) 460-0229

E: lisa.dyer@healthyacadia.org

Washington County -
Gretchen Harrington

P: (207) 479-6287

E: gretchen@healthyacadia.org

Recovery Coaching services are available in other Maine Counties, visit www.HealthyAcadia.org and click on the Need Help button to get connected.

Corrections Coaching

Corrections coaching services are available at both Hancock County and Washington County Jails. To access coaching services, call one of the numbers above.

East Grand Health Center
www.eastgrand.org
201 Houlton Rd, Danforth

P: (207) 448-2347

E: eastgrand@eastgrand.org

Peer Recovery Coaching services are available. Call or visit the website for more information on this **Free** service.

AMHC

Calais DownEast Recovery Support Center
311 Main Street, *Calais*

P: (207) 952-9279

Machias DownEast Recovery Support Center

11 Free Street, *Machias*

P: (207) 259-6238

AMHC offers substance use peer recovery centers staffed by peers to provide participants in recovery with support services which include mentoring, education, and resource provision.

Support Groups

Community Collaborative Support Resource Guide:

<https://www.connectioninitiative.org/recovery-resources>

A list of over 100 various support groups and meetings in Washington County.

Arise Addiction Recovery Meetings

www.ariseaddictionrecovery.com

Paul Trovarello

P: (207) 271-7060

Machias Christian Fellowship

3 Davis Rd, *Machias*

Arise offers a weekly meeting every Monday in Machias starting at 7 pm. Every 3rd Monday of the month Arise holds a special dinner and testimony night that begins at 6:30 pm. This meeting is open to the community. Please visit the website or contact the number provided for more information.

Washington County Recovery Line

TF: 1-833-687-4887

Help is here! Call the Washington Recovery Line today to learn more about local substance use treatment and services.

Narcotics Anonymous (Maine)

<https://namaine.org>

Statewide 24/7 Helpline: 1-800-974-0062

Check the website or call the helpline for more information and available meetings and support in your area.

Maine Gambling Self-Exclusion Program

www.healthyacadia.org

P: (207) 255-3741 ext. 103

Healthy Acadia

121 Court St, *Machias*

For those who find casino gambling hard to resist, this voluntary program may help. For more information, visit Healthy Acadia’s website and click on the Need Help? Button. To set up an appointment use the information provided.

Housing

Emergency

Next Step Domestic Violence Project

www.nextstepdv.org

P: (207) 255-4934

23 Broadway, *Machias*

24/7 Helpline: 1-800-315-5579

Next Step offers emergency shelter & transitional housing for domestic violence survivors in Hancock & Washington Counties

Affordable Housing

Sunrise Opportunities

<https://sun-rise.tv/housing/>

P: (207) 255-1054

Vicki Espling HUD Specialist

E: vespling@sun-rise.org

Offering housing for **Elderly (62+)** and people with disabilities in: Calais, Dennysville, Machias and Milbridge.

Milbridge housing is for those with mental disabilities & homeless. Must have proof.

Hughes Associates **Housing for 62+ & Subsidized**

www.hughesrs.com

P: (207) 561-4700

CCC Realty Management **Housing for 62+ & Subsidized**

www.cccrealtymanagement.com

P: (207) 621-7700

TF: 1-866-621-7705

Maine Development Associates

www.mainedevelopment.com

P: (207) 947-6795

TF: 1-800-639-1747

Follis Place Apartments

<https://www.preservationmanagement.com/>

P: (207) 853-0916

11 Orange St, *Eastport*

John S. Hornbrook (owner)

P: (207) 454-3760

Downes St. Apartments, *Calais* (62+)

Germain St Apartments, *Calais* (family)

Calais Methodist Homes Inc.

P: (207) 454-7196

Highpoint Apts: 17 Academy st., *Calais*

Sunrise Apts: 116 Palmer St, *Calais*

C.S. Management

P: (207) 498-8332

Palmer Lane Estates: 27 Palmer Lane, *Calais*

Narraguagus Estates (62+)

P: (207) 546-7800

www.narraguagusestates.com/

6-37 Estates Rd, *Cherryfield*

Pleasant View Manor (62+ or disabled) P: (207) 546-7800
www.pleasantviewmanorapts.com/
1-20 Point St, *Columbia Falls*

Hadley's Lake Apartments P: 1-800-338-8538
www.hadleyslakeapts.com/
Hadley Lake Rd, *East Machias*

Fickett Property Management LLC P: (207) 546-7800
Managing several 62+ units throughout Washington County

Pleasant Point Housing Authority P: (207) 853-6021
wabanaki.com/housing/
Janelle Sapiel E: Janellsapiel@wabanaki.com
15 Elders Way, *Perry*

Indian Township Housing Authority P: (207) 796-8004
www.passamaquoddy.com/
Dawn Tomah – Executive Director
P.O. Box 99, U.S. Route 1, *Princeton*

Recovery/Transitional Housing

Arise Addiction Recovery P: (207) 255-5011
www.ariseaddictionrecovery.com
Men's Residential Program in *Machias*
A 9-month, faith-based, residential program for men struggling with substance use.

Safe Harbor P: (207)-263-5096
www.healthyacadia.org/spr-shrhfw
Machias
Safe Harbor is a safe, supportive, and affordable living environment for women in recovery. Supporting women with or without children, those with shared custody, and those with reunification plans.

Legal Services

Washington County
Adult Recovery Court P: (207) 255-1919
1 Stackpole Dr, *Machias*

Pine Tree Legal P: (207) 255-8656
www.ptla.org
Hancock/Washington Counties
13 Cooper St., *Machias*

Transportation

Downeast Community Partners

www.downeastcommunitypartners.org

11 Church St, *Calais*

7 VIP Dr, *Machias*

Mainecare broker service

Non-Mainecare Rides

All other transportation

P: (207) 664-2424

P: (207) 259-5015

F: 1-855-608-5176

TF: 1-877-374-8396

TF: 1-877-374-8396

HANCOCK COUNTY

Child & Family Services

Big House

P: (207) 598-5750

1021 Unionville Rd, Steuben

A ministry of the Unionville church, this is a safe space for youth to connect with their community and each other.

Hours: Fri: 1:30-5:30 ages 5-12, 6pm to 8pm for teens,

Sunday 11am kids church services. *Call for more information.*

Bridging Program for Expectant Mothers

Downeast Community Partners

P: (207) 610-0740

www.downeastcommunitypartners.org

Anyone can make a referral

DCP's *Nurse Bridging Program* is a high-intensity home visiting program for high-risk prenatal clients and high-risk/medically complicated infants. Our nurses work closely with the families and take a whole family approach as the wellness of the children is also dependent on the wellness of the care providers.

Child Development Services

P: (207) 667-7108

[/www.maine.gov/doe/learning/cds](http://www.maine.gov/doe/learning/cds)

190 Bangor Rd, *Ellsworth*

Regional CDS sites provide case management and direct instruction for families with children from birth through age five. Each site conducts Child Find, which is the process of identifying children with disabilities.

Downeast Community Partners

P: (207) 664-2424

www.downeastcommunitypartners.org

Bucksport Rd Office

248 Bucksport Rd, *Ellsworth*

Avery Lane Office

P: (207) 664-2424

18 Avery Lane, *Ellsworth*

Downeast YMCA

P: (207) 667-3086

www.defymca.org

238 State St, *Ellsworth*

Call or visit the website for more information on the services offered.

Supporting Community days are open to all residents of the community for free access to the facility. The schedule for these days is as follows:

Days & Hours: Monday - Friday 5:30am-8pm

Sat & Sun: 8am-5pm

Families First Community Center
familiesfirstellsworth.org
41 North St, *Ellsworth*

P: (207) 412-2045
C: (207) 460-3711
E: familiesfirstellsworth@gmail.com

Hancock County Connections
fccmaine.com/resources/hancock-county-connections
Local resources for families and children.

Maine Families
www.mainefamilyplanning.org
248 State St Suite 3a, *Ellsworth*

P: (207) 667-5304 ext 7225
E: mainefamilies@mainefamilyplanning.org

Maine Families Play Group
www.mainefamilyplanning.org
Down East Community Partners
18 Avery Lane, *Ellsworth*
Days & Hours: Every Thursday, 10a-11:30a
No registration needed!

P: (207) 667-5304 ext 7225

Office for Family Independence
www.maine.gov/dhhs/ofi
17 Eastward Ln, *Ellsworth*

P: (207) 664-1400

Visit the website, call, or go in to apply for benefits.

Special Children's Friends, Inc.
specialchildrensfriends.org
8 Union St, *Ellsworth*

P: (207) 667-2430

Serves children and youth with special needs and their families in Hancock County.

WINGS inc.
www.wingsinc.org
409 High St, *Ellsworth*

P: (207) 941-2988
TF: 1-800-823-2988

Women Infants & Children (WIC)
wicprogram.us/
52 Christian Ridge Road, *Ellsworth*

P: (207) 667-5304

Domestic Violence/Sexual Assault

Domestic Violence Helplines

Domestic Violence Helpline

www.mcedv.org

Statewide 24/7

Helpline: 1-866-834-4357 (HELP)

Connects callers with advocates at Domestic violence resource centers and provides information, crisis counseling, emotional support and advocacy.

Domestic Violence Helpline for Spanish Speakers

P: (207) 553-2252

Next Step Domestic Violence Project

733 Bangor Road, *Ellsworth*, ME 04605

P: (207) 667-0176

www.nextstepdvproject.org

E: info@nextstepdvproject.org

Machias

P: (207) 255-4934

Sexual Assault, Trafficking, and other Violent Crime Helplines

Maine Coalition Against Sexual Assault

www.mecasa.org

Statewide 24/7

Helpline: 1-800-871-7741

National Human Trafficking Helpline

Nationwide 24/7

Helpline: 1-888-373-78883

Rape, Abuse, & Incest National Network (RAINN)

www.rainn.org

Nationwide 24/7

Helpline: 1-800-656-HOPE

Education

Ellsworth Adult Education

P: (207) 664-7110

ellsworth.maineadulted.org

248 State St, Suite 16B, *Ellsworth*

E: adultedinfo@ellsworthschools.org

Call, text, or visit the website for more information, available/upcoming classes, and general inquiries.

Families Forward

P: (207) 812-9607

www.fedcapmaine.org

TF: 1-844-503-6072

150 High St., *Ellsworth*

Creates Opportunities for people with barriers to economic well-being and

offers an array of services through its practice areas education, workforce development, occupational health, and economic development. Visit the website or call for more information.

Maine Educational Opportunity Center

meoc.maine.edu

TF: 1-800-281-3703

Statewide Program

Provides assistance to individuals completing college admission and financial aid forms and offers career counseling to those individuals wishing to return to school.

University College at Ellsworth

P: (207) 667-3897

www.uma.edu/locations/ellsworth/about

248 State St, Suite 1, *Ellsworth*

E: UMAEllsworth@maine.edu

UCE offers access to and support for college programs and courses from the University of Maine System and Eastern Maine Community College. Call or visit the website for more information.

Employment

Eastern Maine Development Corporation (EMDC)

www.emdc.org

P: (207) 610-1521

248 State Street, Suite 4, *Ellsworth*

EMDC works with individuals to connect them with job opportunities, access to educational programming, skills training, and more. Visit the website or call for more information on the programs and services available.

Financial Support

Healthy Acadia - Neighbor 4 Neighbor Fund

www.healthyacadia.org

P: (207) 667-7171

Ellsworth

E: nina@healthyacadia.org

The neighbor4neighbor Small Grants Fund provides mini-grants of up to \$500.00 to senior citizens who are facing any one of many life crises which arise unexpectedly. Mini-grants may cover such things as eyeglasses, dentures, medical equipment, household repairs, or other one-time challenges.

Healthy Acadia - You've Got a Friend Fund

www.healthyacadia.org

www.ygaff.org

Ellsworth

P: (207) 667-7171

E: nina@healthyacadia.org

E: contact@ygaff.org

The You've Got a Friend Fund is a mini-grant program that provides up to \$1,000 to individuals across Hancock County in need of assistance to overcome specific hurdles or setbacks. Visit the Healthy Acadia website and click on the Need Help? Button or call for more information

FOOD RESOURCES

Food Pantries

Bar Harbor

Bar Harbor Food Pantry

www.barharborfoodpantry.org

36 Mount Desert St (behind YWCA), *Bar Harbor*

Days & Hours: Tue & Wed, 9a-2p, Thur 12p-6p, Fri: 9a-12p

P: (207) 288-3375

E: bhpantry@bhfp.org

Open Table MDI

www.opentablemdi.org

116 Cottage St, *Bar Harbor*

Days & Hours: Thurs 11:30a-3p Fri 12p-8p Sat 12p-8p

P: (207) 664-9026

E: opentablemdi@gmail.com

Share The Harvest MDI

www.coa.edu/farms/beece-hill-farm/share-the-harvest

Mission is to ensure that *fresh, organic, and local* produce be more accessible to low-income members of the Mount Desert Island community.

Apply to participate in this program each Spring.

Blue Hill

Magic Food Bus

www.healthypeninsula.org/magic-food-bus

Anna Wind

Days & Hours: Thurs & Fri, June-Sept

P: (207) 374-3257

E: awind@healthypeninsula.org

Tree of Life Food Pantry

www.treeoflifefpantry.org

23 South St, *Blue Hill*

Days & Hours: Thurs, 9a-1p

P: (207) 374-2900

Bucksport

Bucksport Community Concerns

181 Franklin St, *Bucksport*

Days & Hours: Wed, 9:30a-11:30a, Mon 5p-7p

Find on Facebook for updates and more.

P: (207) 217-3220

Bucksport Regional Health Center
www.bucksportrhc.com/free-vegetables

110 Broadway, *Bucksport*

Days & Hours: 3rd Weds of the month, 11a-4:30p

Bucksport Senior Center Community Meal

P: (207) 469-3632

Senior Citizen Center

Bill Foster

125 Broadway, *Bucksport*

Days & Hours: Mon, Wed, & Fri, 11:30a-12:30p

Deer Isle

Island Food Pantry

P: (207) 460-1776

Kathy Gray

6 Memorial Lane, *Stonington*

Days and Hours: Thursdays (Not 5th Thurs) 5:00 - 6:30 pm.

Ellsworth

Emmaus Center Food Pantry

P: (207) 667-3962

www.emmaushomelessshelter.org/food-pantry

51 Main St, *Ellsworth*

Days & Hours: Tue & Thurs, 8:30a-10a

Mon-Fri, 10am-2pm by appointment

For appointments, call the number provided 24 hours prior. Bring reusable bags.

Everybody Eats

P: (207) 667-5495

https://everybodyeats4free.blogspot.com/

St Dunstan's Episcopal Church

134 State St, *Ellsworth*

Days & Hours: Mon, 1p-3p

Dine in or take out

Loaves & Fishes Food Pantry

P: (207) 667-4363

https://loavesandfishesellsworth.org/

137 Downeast Hwy (Next to Darlings Chevrolet), *Ellsworth*

E: loavesandfishesellsworth@gmail.com

Days & Hours: Mon Weds Fri, 9:30a-12:30p

Weds 4p-6:30p

The Welcome Table

P: (207) 667-8321

https://ellsworthucc.org/the-welcome-table

First Congregational Church

2 Church St, *Ellsworth*

Days & Hours: Weds, 2:30p-4p

Take out meals. Call by 1pm to reserve.

Gouldsboro

Schoodic Food Pantry

829 US Rt 1, *Gouldsboro*

Hours: Tues-Fri 8:30a-11a

Serving the Schoodic Peninsula area

P: (207) 650-9164

Orland

H.O.M.E. Co-Op Food Pantry

P: (207) 469-7961 ext 117

<https://homemmausa.org/community-assistance/food-pantry/>

90 Schoolhouse Rd, *Orland*

Hours: Mon-Thurs 8a-12p & 1p-3p, Fri 9a-11a

Otis

What's for Suppa? Food Pantry

P: (207) 537-3412

9 Church Lane, *Otis*

Days and Hours: 3rd Wednesdays 12:00 - 2:00 pm.

Southwest Harbor

Westside Food Pantry

P: (207) 664-8615

<https://westsidefoodpantry.org/>

St John Episcopal Church

Dean Henry

E: westsidefoodpantry@gmail.com

315 Maine St, *Southwest Harbor*

Days & Hours: 1st Sun of the month, 12p-2p, 3rd Sun 12-1

Common Good Soup Kitchen

P: (207) 244-3007

<https://commongoodsoupkitchen.com>

19 Clark Point Rd, *Southwest Harbor*

E: commongoodsoup@gmail.com

<https://www.facebook.com/p/The-Common-Good-Community>

Days & Hours: Winter hours for Meals: (Nov-April) Dinner Wed 4p-7p,

Popovers Sunday 9a-12p

(summer hours pending as of 1/9/24)

Food Pantry Hours: Sunday 12p-2p

Free for anyone, please bring your own bags.

Food Delivery on Fridays 9a-1p please call 244-3007 and leave message regarding number of people, delivery address and phone number.

Stonington Island Pantry

P: (207) 460-1779

www.islandcommunitycenter.net/programs

Island Community Center

Cathy Eaton-Grey

10 Memorial Ln, *Stonington*

Days & Hours: Thurs, 5p-7:30p

Swan's Island

Bread of Life Food Pantry

P: (207) 526-4024

Joanna Kohler

217 Harbor Rd

Days & Hours: Sun, 2p-3p or by appointment.

Farmers Markets:

<p><u><i>Bar Harbor Farmers Mkt.</i></u> 21 Park St, Bar Harbor Sunday 9a-12p</p>	<p><u><i>Blue Hill Farmers Mkt.</i></u> 233 Ellsworth Rd, Ellsworth Sat 9a-11:30a</p>
<p><u><i>Brooklin Farmers Mkt.</i></u> 4 Bay Rd, Brooklin Thurs. 11a-1p</p>	<p><u><i>Bucksport Bay Farmers Mkt</i></u> 95 Main St, Bucksport Thurs, 2p-5p</p>
<p><u><i>Ellsworth Farmers Mkt.</i></u> 190 Main St, Ellsworth Sat 9:30a-12:30p</p>	<p><u><i>Simon's Hancock Farms</i></u> 39 US Highway 1, Hancock Daily 9a-5p</p>
<p><u><i>Beech Hill Farm</i></u> 171 Beech Hill Rd, Mt. Desert Tues-Sat 9a-4p</p>	<p><u><i>Northeast Harbor Farmers Mkt</i></u> Harbor Dr. On the Green Thurs. 9a-12p</p>
<p><u><i>Horsepower Farm</i></u> 90 Horsepower Farm Rd Penobscot Mon-Sun 7a-5p</p>	<p><u><i>Southwest Harbor Farmers Mkt</i></u> 315 Main St, SW Harbor Friday 9a-1p</p>
<p><u><i>Stonington Farmers Mkt</i></u> 10 Memorial Ln., Stonington Friday 10a-2p</p>	<p><u><i>Amber's Best</i></u> Rt.1, Sullivan Daily 10a-6pm</p>
<p><u><i>Winter Harbor Farmers Mkt</i></u> 10 Newman St Winter Harbor Tues 9a-12p</p>	<p><u><i>Maine Federation of Farmers Markets</i></u> https://www.realmaine.com/ A list of all statewide farmers markets by season as well as other agricultural opportunities.</p>

HEALTH RELATED

Counseling Services

Irene Laney, LADC P: (207) 3100
198 Main St. #202, *Ellsworth*
Addiction and Substance Use Counselor

Astor C. Gillis, LADC P: (207) 667-2730
59 Franklin St, Suite B, *Ellsworth*
Provides services for persons with co-occurring mental and substance abuse disorders, LGBTQ clients, Veterans, Military, Military families, and clients referred from the court/judicial system.

Atlantic Counseling P: (207) 664-1500
www.atlanticsac.net
Kip Young LADC
20 Oak St, *Ellsworth*
Provides individual, family, and group counseling for people whose lives have been affected by substance use and chemical dependency. D.E.E.P services available.

Barbara Bland, LCSW P: (207) 667-1917
198 Main St, Suite 9, *Ellsworth*
Provides individual counseling for teens, adults, and couples.

Community Health and Counseling P: (207) 667-5357
www.chcs-me.org/contact
52 Christian Ridge Rd., *Ellsworth*
Provides community-based mental health services for adults, children, and adolescents. Call or visit the website for more information.

The Counseling Collaborative P: (207) 288-3388
www.tccmaine.com
1489 State Highway 102, *Bar Harbor*
Call or visit the website for more information and availability.

Milja Brecher-DeMuro MSW, LCSW P: (207) 288-3388 ext 3
milja@tccmaine.com
Works primarily with teens and adults, 16 years and up.

Dawn Nuding LCPC, ATR P: (207) 288-3388 ext 1
Email preferred E: dawn@tccmaine.com
Registered art therapist with the American Art Therapy Association. Works with children 5+, adolescents, and adults.

Dennis Kiley MCP

P: (207) 288-3388 ext 4
E: dennis@tccmaine.com

Works with adults, individuals and couples.

Kristin Holley LMSW-CC

P: (207) 288-3388
E: kristin@tccmaine.com

Works with adults, individuals, and couples.

Tara McKernan M.Ed, LCPC

P: (419) 482-8301
E: mckernantaram@gmail.com

Dr. Flagg Psychology

P: (207) 370-9227

<https://drflagg.com>

Dr. Scott Flagg

64 Church St, *Ellsworth*

E: mail@drflagg.com

Health Affiliates Maine

www.healthaffiliatesmaine.com

Request a referral from the website or call the referral team directly at the number provided.

Hilary Chermak, MS, MED, LCPC, ATR-BC

1 Fernald Point Rd, *Southwest Hrbr*

P: (207) 610-2372

Provides services to adolescents, adults, and children. Some of these services include but are not limited to expressive arts therapy, strength-based therapy, acceptance and commitment therapy, and more.

Emily Lowell, LCSW

www.healthaffiliatesmaine.com

210 Main St, *Ellsworth*

Provides services for adolescents, adults, children, and families. Offers Equine Therapy sessions.

Cynthia Booker-Bingler LCSW

P: (207) 412-0955

1161 Surry

I have a private practice in Surry Maine. I follow a holistic approach in order to create meaningful change and reduce dis-stress. Together we focus on creating positive changes by identifying challenges, creating goals, nurturing strengths, and learning new coping and calming strategies using a variety of methods including animal assisted therapy.

Amy Burrell, LCPC

P: (207) 288-8686

Treats Adolescents

Kerry Shea, LCPC

P: (207) 610-9641

110 Oak St Suite 1, *Ellsworth*

Provides services for children, teens, families and some adults. Uses art, sandplay and other hands-on creative activities

Charlotte Young, LMFT P: (207) 618-8746
210 Main St Suite 10, *Ellsworth*
Provides services for couples, families, adults and young adults.

Jody Gillen-Worden, LSW P: (207) 477-7499
8 Bethany Ln, *Bar Harbor*
Works with adults and individuals using a model of psychotherapy called Internal Family Systems. Specialties include - emotional disturbance, trauma, PTSD, and parenting.

Diane Kay-Daigle, LCSW P: (207) 333-3278
www.healthaffiliatesmaine.com
Specializes in behavioral health counseling for individuals, families, and groups from ages 10 and up. Works with adolescents, adults, young adults, LGBTQ
Irene Green-Murphy LCSW, LADC P: (207) 244-8161
<https://www.helptheself.com/home.html>
1049 Main St, *Mount Desert*

Mount Desert Island Hospital

www.mdihospital.org
MDI Behavioral Health Center P: (207) 288-8604
322 Main St, *Bar Harbor*

Eleanor Pancoe, LCSW, CADC P: (207) 288-8604
www.mdihospital.org
322 Main St, *Bar Harbor*
Works with patients who need help with sleep disorders, grief, loss, bereavement, obsessive compulsive disorder (OCD), and more.

Laurie Wellman, LCSW, CADC P: (207) 288-8604
www.mdihospital.org
322 Main St. *Bar Harbor*
Behavioral Health specializing in trauma informed, EMDR, Substance use and grief counseling.

Audrey Farley, PMHNP P: (207) 288-8604
www.mdihospital.org
322 Main St, *Bar Harbor*

Lauren Manning, MD Psychiatrist P: (207) 288-8604
www.mdihospital.org
322 Main St, *Bar Harbor*

Linda Napier, MSN, APRN, NP-C P: (207) 288-8604
www.mdihospital.org
322 Main St, *Bar Harbor*
Specializing in substance use disorder and mental health treatment

Nicole Randall, LMSW P: (207) 288-8604
www.mdihospital.org
322 Main St, *Bar Harbor*

Melissa Violette MT-BC, NMT P: (207) 288-8604
www.mdihospital.org
322 Main St, *Bar Harbor*
Specializes in music therapy

Katie Walton, LCPC-C P: (207) 288-8604
www.mdihospital.org
322 Main St. *Bar Harbor*

Adolescent through adult. Mood and personality disorders, anxiety, trauma
Nancy Hathaway, M.Ed., Lpasc P: (207) 400-0494
www.nancyhathaway.com E: applymindful@gmail.com
541 Morgan Bay Rd, *Surry*
Specialty is Buddhist psychological theory and mindfulness-based strategies.
Works with, but not limited to the following - individuals, couples, parents,
mothers, families, health-care professionals. In-person or Zoom option available.

Pyramid Counseling P: (207) 667-9101
www.pyramidcounseling.com E: support@pyramidcounseling.com
24 Church Ave, *Ellsworth*

Stephanie C Francis, LCPC, RPT, NCC P: (207) 517-2031
21 Schoolhouse Rd, Suite 25, *Orland*
Focuses on children ages 4 to 12. Treatment types include but are not limited to
child-centered play therapy and synergetic play therapy.

Surry Music Therapy P: (207) 667-1308
<http://surrymusictherapy.com>
Alan Wittenberg, M.A. E: alan@surrymusictherapy.com
8 Cross Rd, *Surry*
Provides individual and group sessions to clients of all ages.

Therapeutic Way P: (207) 412-8881
www.therapeutic-way.com
Cynthia Booker-Bingler, LCSW E: cindy@therapeutic-way.com
259 Toddy Pond Rd, *Surry*

Private Practice, specializing in adult, child, and family therapy.. Areas of
expertise include but not limited to grief & loss, anxiety, depression, Life
changes/caretaker concerns, self-esteem, trauma, substance/alcohol abuse & co-
occurring disorders, and more Patients

Dental

Aspen Dental P: (207) 669-4826
www.aspendental.com
206 High St Suite D, *Ellsworth*

Bucksport Regional Dental Center P: (207) 902-1100
www.bucksportrhc.com After Hours: (207) 469-7371
110 Broadway, *Bucksport*

Caring Hands of Maine Dental Center P: (207) 667-6789
www.caringhandsofmaine.org
72 Beechland Rd, *Ellsworth*

MDI Hospital's Community Dental Center P: (207) 244-2888
www.mdihospital.org
4 Community Ln, *Southwest Harbor*

Smile Design P: (207) 664-2474
https://smiledesignellsworth.com/
382 State St., *Ellsworth* E: smiledesign.ellsworth@gmail.com

Dental Associates
https://www.dental-associates.com
325 Main St., *Ellsworth* P: (207) 667-7117
11 Mechanic St, *Bucksport* P: (207) 469-6191

Downeast Dental P: (207) 667-3009
www.downeastdental.com
99 Oak Street, *Ellsworth*

Midcoast Denture Design P: (207) 667-6222
www.midcoastdenturedesignmaine.com/contact
23 Carriage Way, *Ellsworth*

Hancock Dental P: (207) 667-8778
www.hancocksmiles.com
201 High St., *Ellsworth*

Marc L. Horowitz P: (207) 667-2770
www.marclhorowitzdds.com
31 Commerce Park, *Ellsworth*

Hospitals

Mount Desert Island Hospital P: (207) 288-5081
www.mdihospital.org
10 Wayman Ln, *Bar Harbor*

Northern Light Blue Hill Hospital P: (207) 374-4300
<https://northernlighthealth.org>
57 Water St, *Blue Hill*

Northern Light Maine Coast Hospital P: (207) 664-5311
<https://northernlighthealth.org>
50 Union St., *Ellsworth*

Medical Centers

Bucksport Regional Health Center P: (207) 469-7371
www.bucksporthc.com
110 Broadway, *Bucksport*

Coastal Health Center P: (207) 667-5064
www.bucksporthc.com
37 Commerce Park, *Ellsworth*

Convenient MD P: (207) 412-5200
<https://convenientmd.com/locations/ellsworth-me-urgent-care/>
235 High St, *Ellsworth*

Ellsworth Family Planning & Primary Care P: (207) 922-3222
www.mainefamilyplanning.org/primarycare
248 State Street, *Ellsworth* (Entrance Back of Mill Mall)

Ellsworth Free Medical Clinic P: (207) 667-7953
www.ellsworthfreeclinic.org
248 State Suite 16, *Ellsworth*

Peninsula Free Health Services P: (207) 374-5585
<https://www.healthypeninsula.org/>
26 Hinckley Ridge Rd, *Blue Hill*

Massage/Acupuncture/Chiropractic

Back in Balance Wellness Center
www.backinbalancechiro.com
150 Bucksport Rd, *Ellsworth*

P: (207) 667-4678

DownEast Community Acupuncture
www.downeastca.com
87 US Highway #1, *Verona Island*

P: (207) 479-2944

Elephant and Owl - Massage Therapy and Holistic Wellness
<https://www.elephantandowl-massagetherapy.com/>
130 Oak St., *Ellsworth*

Ellsworth Acupuncture & Medical Massage
www.ellsworthacupuncture.com
Jennifer Macri, MS
31 Pine St, *Ellsworth*

P: (207) 801-8844
E: Macri.acupuncture@gmail.com

Ellsworth Chiropractic Acupuncture & Nutrition
www.ellsworthchiropracticacupunctureandnutrition.com
97 Beechland Rd, *Ellsworth*

P: (207) 664-0013

Fiona Young Massage Therapy
130 Oak St Suite 7, *Ellsworth*

P: (207) 669-6239

Linda Forslund, Acupuncture
www.nccaomdiplomates.com/lindaforslund
107 Main St, *Blue Hill*

P: (207) 359-2800

Kari Guillen, LAc
www.kariguillen.com
1087 Main St, *Mount Desert*

P: (207) 401-2242
E: info@KariGuillen.com

Maine Coast Acupuncture & Herbal Medicine
www.leaelliottlac.com
58 Oak St, *Ellsworth*
322 Main St, *Bar Harbor*

P: (207) 812-8747

Massage Bar Harbor
<https://massagebarharbor.com>
77 Mount Desert St, *Bar Harbor*

P: (207) 266-6045

Erica Moffet, LAc (acupuncture)
www.ericamoffet.com
49 Main St, *Blue Hill*

P: (207) 466-1902

Vicki Pollard
<http://traditional-acupuncture.com>
10 Spruce Needle Ln, *Blue Hill*

P: (207) 374-9963

Sarah Tewhey
www.sarahtewhey.com
54 Herrick Rd, *Southwest Harbor*

P: (207) 266-7983
E: sarah@sarahtewhey.com

Therapeutic Massage for Wellness
<https://betsyarntzen.massagetherapy.com>

P: (207) 266-7753

E: therapeuticmassageforwellness@gmail.com

Betsy Arntzen, LMT, BCTMP
61-A Pine St, *Ellsworth*

Mindfulness/Meditation/Yoga

Blue Hill Yoga
<https://bluehillyoga.com>
49 Main St, *Blue Hill*

P: (207) 664-4856

Ellsworth Meditation Center
www.ellsworthmeditationcenter.org
161 State St, *Ellsworth*

P: (207) 422-2008

Downeast YMCA
www.defymca.org
32 Mines Rd, *Blue Hill*
66 Bridge St, *Bucksport*
238 State St, *Ellsworth*

P: (207) 374-5359
P: (207) 469-3518
P: (207) 667-3086

Healthy Acadia - Tai Chi for Health
www.healthyacadia.org
Ellsworth, ME

Check the website for more information on how to participate in this Free program.

L'abeja Yoga and Meditation
142 B Main St, *Ellsworth*

P: (207) 667-1991

The Morgan Bay Zendo
www.morganbayzendo.org
532 Morgan Bay Rd, *Surry*

E: info@morganbayzendo.org

Quiet Strength Yoga
<https://quietstrengthyoga.com>
83 Main St Floor 2, *Ellsworth*

E: QSYoga@gmail.com

Steamy Buddha Cafe & Yoga
www.steamybuddha.com
50 Church St, *Ellsworth*

P: (207) 667-0164

Indigenous and Tribal Helplines

Indian Township Passamaquoddy Domestic and Sexual Violence

24/7 Helpline: (207) 214-1917

Serving survivors of domestic violence, sexual violence, dating violence, stalking, and sex trafficking.

Maliseet Domestic Violence & Sexual Assault Program

24/7 Helpline: (207) 532-6401

MicMac Domestic Violence & Sexual Advocacy Center

24/7 Helpline: (207) 551-3639

Penobscot Nation

24/7 Helpline: 1-800-631-488

SUBSTANCE RELATED

MAT Medication Assisted Treatment

Aroostook Mental Health Center (AMHC) Locations

DownEast Treatment Center

P: (207) 412-0973

www.amhc.org

70 Kingsland Crossing, *Ellsworth*

Better Life Partners

TF: 1-866-679-0831

betterlifepartners.com

Telehealth

Exline Health

P: (207) 613-7500

www.exlinehealth.com

exline@exlinehealth.com

5 School Street, *Ellsworth*

Focused and individualized treatment. Medication and related support services for your life. Open 7 days a week, including evenings and weekend

Detox

New Horizons Detox Center

P: (207) 217-6521

www.wellspringmaine.com/programs/new-horizons-detox-center

Hampden

Self refer by calling

Cedar Road Detox Program
Bangor
Self refer by calling

P: (207) 770-5457

Substance Use Treatment Health Care

Ellsworth Outpatient
www.amhc.org
70 Kingsland Crossing, *Ellsworth*

P: (207) 667-6890

Groups Recover Together
<https://joingroups.com>
34 Downeast Highway, *Ellsworth*

P: (207) 245-7654
TF: 1-800-683-8313

Recovery Centers

INSPIRE Recovery Center
www.healthyacadia.org
24 Church St, *Ellsworth*

P: (207) 412-2288

Offers a safe, fun, and comfortable environment to connect with members of the community. We also offer Resource Navigation along with recovery focused activities, meetings, and support.

Your Place Inc.
www.yourplaceinc.org
4 Old Mill Rd, Ellsworth

P: (207) 412-2038
E: yourplaceinc1992@gmail.com

A safe place to build community, foster recovery, and support family. Visit the website for more information.

Harm Reduction

Health Equity Alliance (HEAL)
www.mainehealthequity.org
5 Long Lane Rd, *Ellsworth*

P: (207) 667-3506

By Appointment Only.

HEAL provides needle exchange services, Naloxone (Narcan) distribution, substance use case management, medical case management, and HIV/Hepatitis C testing. This community center is a space for partner organizations that serve Maine's LGBTQ+ community.

Healthy Acadia
www.healthyacadia.org

P: (207) 412-2288

Statewide

Beth Alteri

E: beth.alteri@healthyacadia.org

Healthy Acadia offers Naloxone (Narcan) and Fentanyl test strips free of charge. Requests for harm reduction materials can be requested on the website, click on the Need Help? button.

OPTIONS

P: (207) 496-9430

<https://knowyouroptions.me>

Hancock County Liaison:

Nick St. Louis

E: nstlouis@amhc.org

Overdose Prevention Through Intensive Outreach Naloxone and Safety (OPTIONS) initiative.

Maine Access Points

P: (207) 370-9445

www.maineaccesspoints.org

Statewide Mail delivery. Naloxone/Harm Reduction

Peer Support

Free Recovery Coaching Services

Maine Alliance for Recovery Coaching

www.healthyacadia.org

Healthy Acadia, with support from the Office of Behavioral Health, launched Maine-ARC to support community recovery coaching throughout Maine. Recovery Coaching services are FREE of charge and confidential. Trained recovery coaches offer direct peer support, helping to improve recovery success and resources among individuals and families facing Substance Use Disorders and other addictions. If you are interested in learning more about the services provided, or how to become a recovery coach, please contact Maine-ARC Co-Directors:

Denise Black - denise@healthyacadia.org or

Terri Woodruff - terri@healthyacadia.org

Maine-ARC Coordinators:

Hancock County -

P: (207) 460-0229

Lisa Dyer

E: lisa.dyer@healthyacadia.org

Washington County -

P: (207)-479-6287

Gretchen Harrington

E: gretchen@healthyacadia.org

Recovery Coaching services are available in other Maine Counties, call one of the numbers above to get connected.

Corrections Coaching

Corrections coaching services are available at both Hancock County and Washington County Jails. To access coaching services, call one of the numbers above.

Project HOPE

P: (207) 801-1175

www.healthyacadia.org

1 City Hall Plaza, *Ellsworth*

tracy.crossman@healthyacadia.org

Individuals looking for Project Hope in Ellsworth can go to the Ellsworth Police Department. Visit the Healthy Acadia website or call the number provided for more information.

Support Groups

Downeast Intergroup

24/7 Helpline: (207) 479-1779

<https://downeastintergroup.org>

Ellsworth

Downeast Intergroup services AA district 3, 8, 10, 11, 16, 18, 21, and 25. From Calais to Greenville, Mount Desert Island to Belfast, and the Blue Hill Peninsula to Millinocket. Supporting AA in Bar Harbor, Bangor, Ellsworth, Castine, and Machias. Call the helpline or visit the website for more information on meetings and available support.

INSPIRE Recovery Center

P: (207) 412-2288

<https://healthyacadia.org/spr-inspire>

www.facebook.com/Insupportofpeopleinrecovery

Beth Alteri, INSPIRE MGR.

E: beth.alteri@healthyacadia.org

24 Church St, *Ellsworth*

INSPIRE offers a variety of programs and support groups. Call or visit the website for more information. Hours are M-F 8am-4pm

Groups Recover Together

P: (207) 245-7654

<https://locations.joiningroups.com>

34 Downeast Highway, *Ellsworth*

AA Meeting Listings: <https://alcoholicsanonymous.com/aa-meetings/maine/>

[hancock-maine/](#)

HOUSING

Emergency Shelter

Emmaus Homeless Shelter

P: (207) 667-3962

www.emmaushomelessshelter.org

51 Main St, *Ellsworth*

director@emmaushelter.org

Provides a safe & comfortable environment for homeless men, women, & families in need of temporary shelter & transitional services. Emmaus is a dry shelter, meaning no substances are allowed. Please call for more information and availability.

H.O.M.E. Co-Op

P: (207) 469-7961

www.homenmausa.org

90 School House Rd, *Orland*

Provides short term & long term assistance depending on individual needs, provides a safe & secure environment for men, women, & families.

Next Step Domestic Violence Project

P: (207) 667-0176

24/7 Helpline: 1-800-315-5579

<https://www.nextstepdvproject.org/>

E: info@nextstepdvproject.org

733 Bangor Rd, *Ellsworth*

Next step offers emergency shelter & transitional housing for domestic violence survivors in Hancock & Washington Counties.

Recovery/transitional Housing

Families First Community Center

P: (207) 460-3711

<https://familiesfirstellsworth.org>

E: familiesfirstellsworth@gmail.com

41 North St, *Ellsworth*

Provides supported transitional housing for families with at least one minor child in Hancock County. Please call or visit the website for more information.

H.O.M.E. - Sister Barbara Hance House

P: (207) 667-3962

www.homenmausa.org

Stacey Erick

186 Surry Rd, *Ellsworth*

Transitional housing for men and women, please call or visit the website for more information.

Restoration Homes

P: (207) 812-2500

www.rlcellsworth.com

Pastor Daniel Stewart

E: dstewart.resurrectionlife@gmail.com

248 State St. Suite 12, *Ellsworth*

The Restoration Home is a multi-phased, faith-centered, residential program for anyone struggling with addiction, substance abuse, incarceration, homelessness and anyone in need of the life transforming love and grace of God. Services are at no cost. The residential phase of the program lasts for a minimum of nine months, and graduates are then permitted to enter a transitional living program. To learn more visit the website or call the number above.

Affordable Housing

Covenant Community Land Trust

P: (207) 619-2246

https://mainecclt.org

21 School House Rd, *Orland*

A non-profit organization building cooperative communities through affordable housing and land conservation. Please call or visit the website for more information. By Appointment Only

Ellsworth/MDI Housing Authorities

P: (207) 288-4770

www.emdiha.org

80 Mt Desert St, *Bar Harbor*

For more information on eligibility, application process, available rentals, and general inquiries please contact using the information provided or visit the website.

H.O.M.E. - Sister Barbara Hance House

P: (207) 667-3962

www.homemmausa.org

Stacey Herick

186 Surry Rd, *Ellsworth*

Please call or visit the website for more information.

H.O.M.E. - Hospitality House

P: (207) 469-7961

https://homemmausa.org/community-assistance/transitional-housing/

Bucksport

Provides 1 bedroom apartments for low income. Please call or visit the website for more information.

Maine Development Associates

P: (207) 947-6795

www.mainedevelopment.com

TF: 1-800-639-1747

PO Box 2219, *Bangor*

E: info@mainedevelopment.com

A privately owned company providing clean, safe, and affordable housing throughout Maine. Call or visit the website for more information.

Maine State Housing Authority

www.mainehousing.org

26 Edison Dr, *Augusta*

Visit the website or contact using the number provided for more information and general inquiries.

P: (207) 626-4600

TF: 1-800-452-4668

Meadow View Apartments

www.mvaps.org

25 Tweedie Ln, *Ellsworth*

Subsidized housing and related services for people 62 and over or disabled persons of any age.. Please call or visit the website for more information.

P: (207) 667-2651

TDD:1-800-457-1220

E: ktuppermvapt@gmail.com

Oriole Way Apartments

www.ccrealtymanagement.com

13 Oriole Way & Foster St. *Ellsworth*

Housing for families, elderly, disabled/handicap.

P: (207) 621-7700

TF: 1-866-621-7705

Straw Way Housing—Family Units

Water Street, *Ellsworth*

For more information please call the Housing Foundation

P: (207) 866-4634

River View Apartments

www.foresidemanagement.com

Forside Real Estate Management

PO Box 957, *Portland*

For senior citizens or persons with disabilities

P: (207) 775-2325

Legal & Criminal Justice Services

Maine PreTrial Services

<http://mainepretrial.org>

Adult Treatment and Recovery Court

50 State St Suite 14, *Ellsworth*

P: (207) 667-3624

Pine Tree Legal

www.ptla.org

Hancock/Washington Counties

13 Cooper St, *Machias*

P: (207) 255-8656

Maine Volunteer lawyer Project

www.vlp.org

Northern Maine residents call

TF: 1-888-956-4276

Transportation

Downeast Community Partners
www.downeastcommunitypartners.org

P: (207) 664-2424

248 Bucksport Rd, *Ellsworth*

Mainecare broker service

TF: 1-855-608-5176

Non-Mainecare Medical Appt. Rides

TF: 1-877-374-8396

Public and all other transportation

TF: 1-877-374-8396

Downeast Transportation

P: (207) 667-5796

www.downeasttrans.org

E: info@downeasttrans.org

PO Box 914, *Ellsworth*

Friends in Action

P: (207) 664-6016

<https://friendsinactionellsworth.org/>

115 State St, *Ellsworth*

E: info@friendsinactionellsworth.org

Transportation and other services for the elderly and handicapped.

Island Connections

P: (207) 288-4457

<http://islconnections.org>

93 Cottage St Suite 101, *Bar Harbor*

Our mission is to provide free transportation and other services to seniors and people with disabilities from MDI and the surrounding islands to enhance their independence and quality of life by utilizing our core group of dedicated volunteers.

West Bus Service

P: (207) 546-2823

www.westbusservice.com

TF: 1-800-596-2823

Calais to Bangor & Points in Between

Emergency and Recovery Shelters in Bangor

Partners for Peace DV shelter

P: (207) 945-5102

www.partnersforpeaceme.org

24/7 Helpline: 1-800-863-9909

PO Box 653, *Bangor*

Partners for Peace offers safe, confidential, & supportive shelter and transitional housing for domestic violence survivors in Penobscot & Piscataquis Counties.

The Shaw House

P: (207) 941-2874

www.theshawhouse.org

136 Union St, *Bangor*

The Shaw House offers emergency shelter, drop-in center, & transitional living program for teens ages 10 to 20 that are experiencing homelessness. Please contact the number provided for more information.

Recovery/Transitional houses in Bangor

Fresh Start Sober Living

P: (207) 481-8201

www.freshstartrecovery-maine.org

100 Center St, *Bangor*

Provides housing for individuals in recovery who need safe & affordable housing. Please call or visit the website for more information.

Northwoods Sober Living

P: (207) 416-2115

www.northwoodsranchandretreat.com

Orrington

Northwoods Ranch & Retreat is a uniquely structured life skills program assisting struggling men. Our program is specifically designed to mimic real world experiences, focusing equally on the expectations and responsibilities of independent living as well as the importance of personal happiness. For more information please visit the website above or call the number listed.

Wellspring

P: (207) 941-1612 ext 201

www.wellspringmaine.com

255 Hammond St, *Bangor*

Wellspring is located in Bangor, Maine. We provide mental health and addictions counseling at our outpatient office on Hammond Street and co-occurring disorder services at our men's and women's halfway houses. Call or visit the website for more information on services and residential opportunities available.

Bangor Area Recovery Network (BARN)

P: (207) 561-9444

www.bangorrecovery.org

142 Center St, *Brewer*

Our Mission at Bangor Area Recovery Network is To provide peer-based services, education, outreach, and advocacy. We offer a safe haven for those seeking recovery, their loved ones, and our communities. Providing recovery resources and support to Eastern & Central Maine. Visit the website or call for more information.

Acadia Hospital

TF: 1-800-640-1211

www.northernlighthealth.org

268 Stillwater Ave, *Bangor*

Call for more information or visit the website to see what services are offered that may benefit you.

Other Support & Crisis Helplines Statewide

Crisis & Emergency Helplines

Maine Crisis Hotline

<https://heretohelpmaine.com/>

24/7 Helpline: 1-888-568-1112 (VOICE)

Teen Text Line: (207) 515-8398

Text Line: Text HOME to 741-741

Maine 2-1-1

<https://211maine.org>

P: 211

text your zip code to: 898-211

Call or use the website to find services in the area of interest.

NAMI Maine Helpline

www.namimaine.org

P: 1-800-464-5767 (Press 1)

E: helpline@namimaine.org

Safe and confidential mental health service for peers, law enforcement, professionals, friends, and family members. Available Monday - Friday 8am to 4pm.

National Suicide Prevention Lifeline

24/7 Helpline: 1-800-273-8255 (TALK)

Lifeline provides 24/7, free, and confidential support for people in distress, prevention, and crisis resources for you or your loved ones.

Peer Support Helplines

Frontline Warmline

P: (207) 221-8196

TF: 1-866-367-4440

Support for clinicians and first responders from 8am to 8pm 7 days a week.

Intentional Peer Support Warmline

24/7 Helpline: 1-866-771-9276 (WARM)

Mental health peer-to-peer phone support program offering mutual conversations with a trained specialist who has life experience with mental health and/or substance use issues and recovery.

StrengthME Helpline

P: (207) 221-8198

Free stress management and resiliency resources to anyone in Maine experiencing stress reactions to the COVID-19 pandemic. 8am to 8pm 7 days a week.

Substance Use Support and other Addiction Groups and Crisis Helplines

Alcoholics Anonymous (Maine)

<https://csoaamaine.org>

24/7 Helpline: 1-800-737-6237

Central Service Office Alcoholics Anonymous is a place to find available meetings whether in-person or online in the state of Maine.

Al-Anon/Al-Ateen

TF: 1-800-498-1844

www.maineafg.org

Al-Anon meetings are a place to learn how to change reactions to the attitudes and behaviors common in alcoholic relationships, including those where drinking no longer occurs. Check the website or call the helpline for more information and available meetings and supports in your area.

Eyes Open for Me

<https://eyesopenforme.org>

Statewide TF: 1-800-974-0062

Visit the website or call for more information on Opioid Use Disorder and ways to get help.

Fetal Alcohol Syndrome Maine (FASD ME)

www.fasdmaine.org

In the Rooms

www.intherooms.com

In The Rooms is a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. We embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.

Maine Gambling Self-Exclusion Program

www.healthyacadia.org

P: (207) 255-3741 ext 103

Healthy Acadia

121 Court St, *Machias*

For those who find casino gambling hard to resist, this voluntary program may help. For more information, visit Healthy Acadia's website and click on the Need Help? Button. To set up an appointment use the information provided.

Maine General Harm Reduction

P: (207) 621-3768

<https://www.maine-general.org/about-us/community-health/harm-reduction/>

Maine Opioid Response Initiative

www.maine.gov/future/initiatives/opioids

Maine Recovery Advocacy Project (ME-RAP)

www.recoveryvoices.com/me

Maine QuitLink

P: 1-800-QUIT-NOW

<https://mainequitlink.com>

Services with help quitting smoking tobacco.

Maine Tobacco Helpline

P: 1-800-207-1230

Statewide

Narcotics Anonymous (Maine)

24/7 Helpline: 1-800-974-0062

<https://namaine.org>

Check the website or call the helpline for more information and available meetings and support in your area.

SAMHSA - National Helpline

www.samhsa.gov/find-help/national-helpline

State & Nationwide

24/7 Helpline: 1-800-662-HELP (4357)

Free, confidential treatment referral and information service for individuals and families facing mental and/or substance use disorders.

SAMHSA - Find Treatment Locator

<https://findtreatment.samhsa.gov/locator>

State and Nationwide

A useful tool on the SAMHSA website to help find the services you're looking for.

She Recovers Foundation

<https://sherecovers.org/>

SHE RECOVERS is a non-profit movement dedicated to redefining recovery, inspiring hope, ending stigma and empowering women in or seeking recovery to increase their recovery capital, heal themselves and help other women to do the same

Smart Recovery

www.smartrecovery.org

SMART Recovery is a fresh approach to addiction recovery. SMART stands for Self-Management and Recovery Training. This is more than an acronym: it is a transformative method of moving from addictive substances and negative behaviors to a life of positive self-regard and willingness to change.

Local in-person meeting Thursday nights 5:30pm–7:00pm at Inspire Recovery Center 24 Church St., Ellsworth.

Several SMART meetings held online 7 days/week.

Women for Sobriety

<https://womenforsobriety.org>

Women for Sobriety (WFS) is the first peer-support program tailored specifically for women overcoming substance use disorders (SUDs). With both regional and online meetings,

Legal

Maine Legal Services for the Elderly

<https://mainelse.org>

5 Wabon St, *Augusta*

TF: 1-800-750-5353

Maine Equal Justice Partners

<https://maineequaljustice.org>

126 Seawall St, *Augusta*

TF: 1-866-626-7059

Maine Volunteer lawyer Project

www.vlp.org

Northern Maine residents call

Southern Maine residents call

TF: 1-888-956-4276

TF: 1-800-442-4293

SUPPORT SERVICES FOR INCARCERATED INDIVIDUALS

Maine Prisoner Advocacy Coalition

www.maineprisoneradvocacy.org

PO Box 446, *Lisbon*, ME

Maine Prisoner Re-Entry Network (MPRN)

<https://re-entrymaine.org>

PO Box 7157, *Lewiston*

P: (207) 330-1446

E: info@re-entrymaine.org

Domestic Violence Helplines

Domestic Violence Helpline

www.mcedv.org

24/7 Helpline: 1-866-834-4357 (HELP)

Connects callers with advocates at Domestic violence resource centers and provides information, crisis counseling, emotional support and advocacy.

Domestic Violence Helpline for Spanish Speakers

P: (207) 553-2252

Sexual Assault, Trafficking, and other Violent Crime Helplines

Maine Coalition Against Sexual Assault

www.mecasa.org

24/7 Helpline: 1-800-871-7741

National Human Trafficking Helpline

Nationwide

24/7 Helpline: 1-888-373-7888

Rape, Abuse, & Incest National Network (RAINN)

www.rainn.org

24/7 Helpline: 1-800-656-HOPE

Food

Senior Farm Share

P: (207) 446-5550

E: seniorfarmshare.agr@maine.gov

Income-eligible seniors can apply for \$50 worth of fresh produce from local farms over 8 weeks in the growing season. Delivery may be available.

Eastern Area Agency on Aging

240 State St, *Brewer*

P: (207) 941-2865

TF: 1-800-432-7812

E: info@caaa.org

National Hunger Hotline

TF: 1-866-3-HUNGRY

TF: 1-877-8-HAMBRE

Talk with someone to find food resources in your area.

Real Maine

<https://www.realmaine.com/>

Real Maine is a program of the Maine Department of Agriculture, Conservation and Forestry. It connects people with Maine farmers and food producers. Find farmers markets by season, local farm share programs, agricultural events and more!

Child and Family

Autism Society

TF: 1-800-273-5200

www.asmonline.org

72B Main St, *Winthrop*

Provides education and resources to support the valued lives of individuals on the Autism spectrum and their families.

G.E.A.R. Parent Network

TF: 1-800-264-9224

<https://gearparentnetwork.org>

10 Caldwell Rd, *Augusta*

Empowers parents of children with behavioral health needs to build on their family's strengths and advocate for their family's needs. Visit the website or call for more information.

MaineMOM Services

P: 1-888-644-1130

www.mainemom.org

Statewide

A service provided to pregnant or new parents with Substance Use Disorder. Call or visit the website to learn more about the services offered.

Maine Parent Federation

www.mpf.org

484 Maine Ave 2D, *Farmingdale*

Visit the website or call for more information on the services and programs available to you or your children in your area.

P: (207) 588-1933

TF: 1-800-870-7746

Healthcare and Insurance Options

Department of Health and Human Services

38 Prescott Dr, *Machias*, ME 04654

P: (207) 255-2000

Hours: Monday-Friday 8:00am-5:00pm (hours may differ depending on holidays) Services include Mainecare, TANF, SNAP and limited emergency services.

Maine Affordable Healthcare

P: 1-866-636-0355

<https://www.coverme.gov/>

CoverMe.gov is Maine's affordable healthcare platform. Once an account is created, an MEA (Maine Enrollment Assister or Broker) can be assigned to assist with your enrollment.

Washington County MEA's:

Eastport Health Care, Inc.

P: (207) 255-0942

Healthways *East Machias*

P: (207) 733-5541

East Grand Health Center *Danforth*

P: (207) 448-2347

Harrington Family Health Center

P: (207) 483-4502

Regional Medical Center at Lubec

P: (207) 733-5541

DECH, *Machias*

P: (207) 853-6001

St. Croix Reg. Family Health *Princeton*

P: (207) 796-5503

Hancock County MEA's

MDI Hospital, *Bar Harbor*

P: (207) 288-5801

Bucksport Reg. Health Center

P: (207) 469-7371

Northern Light Maine Coast Hospital

P: (207) 664-5311

Ellsworth

Change Healthcare, *Ellsworth*

P: (207) 664-5520

Maine Coast Insurance, *Ellsworth*

P: (207) 891-9376

Consumers for Affordable Health Care

P: (207) 622-7083

www.mainecahc.org

Helpline: 1-800-965-7476

108 Sewall St Suite 200, *Augusta*

Consumers for Affordable Healthcare is an organization that assists people in Maine with quality health insurance plans.

Organizations

Healthy Acadia

<https://healthyacadia.org/>

Healthy Acadia is a local non-profit agency focusing on community health and wellness. Main offices are located in Hancock and Washington counties, but services are offered statewide. Services include but are not limited to: Recovery Coaching (providing recoverees support and resources), harm reduction/ Naloxone supplies & training, food programs (SNAP education, nutrition programs), youth development programs (Downeast leadership camp), healthy aging (multiple programs for aging adults and caretakers) & mindfulness programs. A wide variety of resources, programs and financial resources are available. Visit our website @ healthyacadia.org for a full list of programs and offerings. Click the HELP button to apply.

AMHC

<https://www.amhc.org/>

AMHC is Maine's largest behavioral and mental health services having locations statewide.

Programs include but are not limited to:

Case management services, in patient recovery programs, intensive outpatient recovery programs, mental and behavioral health programs, crisis services, prevention services, family support services, center for integrative neuro rehabilitation &

OPTIONS program. Visit our website for more info.

OPTIONS

<https://knowyouroptions.me/>

A subsidiary of AMHC, OPTIONS offers support services and resources to those impacted by substance use. Education in understanding the Good Samaritan Law, Naloxone training, harm reduction and many other services are offered.

For more information and to connect with your local liaison please visit: <https://knowyouroptions.me/>

Downeast Community Partners (DCP)

<https://www.downeastcommunitypartners.org/>

1-800-834-4378

Downeast Community Partners is the merging of both the Child and Families Opportunities and WHCA (Washington and Hancock Community Agency) with a focus of improving life and reducing the impact of poverty in the Downeast communities. Services offered but are not limited to:

Children and young adults & Education, Elder services and programs, Heating assistance, Weatherization assistance, Utility bill assistance, Home repair

assistance, Transportation services, Financial Coaching services, Family coaching services, Food and nutrition services
To see a whole list of services and programs and request more information visit our website.

Community Caring Collaborative (CCC)

<https://www.cccmaine.org/>

Promoting awareness of the challenges faced by community members of Washington County, the CCC helps bridge the gap in finding resources and removing barriers to well-being.

Programs offered but not limited to: Bridging Program (for families with infants and children with medical conditions)

Dream Fund (for children age 5-18), Early Childhood Consultation Partnership (infants and early childhood mental health consultation program), Family Futures Downeast (for parents who want to re-enter higher education), Thriving in Place (services to keep elders at home), Recovery Programs and Employment services. Visit our website for more info.

The Connection Initiative

<https://www.connectioninitiative.org/>

The connection initiative is your one shop stop for resources. A subsidiary of CCC, the specialists at the Connection Initiative help people find and connect with a vast variety of resources in Washington County. The CI also has an entire page dedicated to over 200 recovery resources and groups.

Maine Access Points (MAPS)

<https://www.maineaccesspoints.org/>

A program designed around harm reduction services, over does prevention education, naloxone training and distribution and advocacy. For a full list of programs and services visit: <https://www.maineaccesspoints.org/> or for Washington County call (207) 370-1042

Maine Seacoast Mission

<https://seacoastmission.org/#>

Maine Seacoast Mission is dedicated to the Downeast community members offering help in a variety of areas.

Programs offered include but are not limited to: Food security programs and food bank, After school programs (EDGE), Youth Development programs, Scholarship programs

Housing rehabilitation, Sunbeam (floating community center to get healthcare and other services to remote islands)

Sunrise County Economic Council (SCEC)

<https://sunrisecounty.org/>

The Sunrise County Economic Council (SCEC) initiates and facilitates the creation of jobs and prosperity in Washington County, Maine, by working with a consortium of community-minded businesses, not-for-profit organizations,

municipalities and citizens. Programs offered but not limited to: Grants and Loans for businesses, Farm Resources Sunrise Scholarship Fund, Gracie Fund, Start up Downeast Family Futures Downeast, Downeast Fisheries Partnership Training and education programs

Sunrise Opportunities

<https://sun-rise.tv/>

Providing services for children and adults living with intellectual disabilities, autism or mental health diagnosis in Washington County. Services offered but not limited to:

Community support services, Case Management, Counseling Assisted Living Facilities, Subsidized Housing, Employment Services, Dental Program, Home Support Services

Eastern Maine Workforce Development

<https://www.emdc.org/>

(207) 951-0832

Connecting people with opportunities, training, education and employment resources.

Eastern Agency on Aging

<https://eaaa.org/>

It is the mission of Eastern Area Agency on Aging to provide older adults, caregivers and adults with disabilities in Hancock, Penobscot, Piscataquis and Washington counties in Maine with the information and access to resources they need to be healthy, engaged and supported in their communities.

Programs and services offered include: Food, Financial resources, Pet assistance, Medicare assistance, Caregiver Support, Aging and Disability Resources, Legal Resources

For a complete list of programs and services please visit: <https://eaaa.org/services-programs/> or call (800) 432-7812

Notes: