

HANCOCK & WASHINGTON COUNTY RESOURCES

For Mental Health & Substance Use



REGIONAL CRISIS AGENCY

Individuals in need of mental health and other related services:

Aroostook Mental Health Center

1-800-244-6431

www.amhc.org

PEER CENTERS

Peer to Peer Support for mental-health and substance abuse challenges:

Your Place Recovery

207-812-4479

www.facebook.com/Yourplacerecovery/

DownEast Recovery Support Center

207-952-9279

www.bangorrecovery.org/recovery-center/

CLUBHOUSES

Program for adults with mental illness that provides employment, education, wellness, and social opportunities:

Eagle's Nest Clubhouse

207-389-3300

www.facebook.com/EaglesNestClubhouseMaine/

RECOVERY CENTERS

Men and women looking for help with addiction and substance use:

Aroostook Mental Health Center

207-259-6238

www.amhc.org/substance-use-services/

HOMELESS SHELTERS

Individuals in need of shelter due to homelessness:

Maine State Housing Authority

207-626-4600

www.mainehousing.org/programs-services/homeless/emergency-shelters

Families First Community Center

207-412-2045

www.familiesfirstellsworth.org/

FOOD PANTRIES

Local community members experiencing food insecurity:

Hancock County

Directory of food pantry and assistance programs

www.maine.gov/dacf/ard/tefap/Hancock.shtml

Washington County

Directory of food pantry and assistance programs

www.maine.gov/dacf/ard/tefap/Washington.shtml



STATEWIDE MENTAL HEALTH RESOURCES



nami Maine
National Alliance on Mental Illness



SUPPORTS

SUPPORT GROUPS Free & confidential mental-health support groups for family members and peers.

Learn more at: www.namimaine.org/supportgroups

FAMILY TO FAMILY Free, evidence-based, 8-week educational course for family members and friends of people living with mental illness. Learn more at: www.namimaine.org/familytofamily

HELPLINE 800-464-5767, ext. 1 The Helpline is a safe and confidential mental health support and referral service for peers, law enforcement, professionals, friends, and family members. The HelpLine also provides a virtual service connecting individuals in need of support to volunteer mental health providers for brief (15-30 minute) one-time check-ins. Learn more at: www.namimaine.org/helpline

TEEN TEXT SUPPORT LINE (207) 515-8398 The Teen Text Support Line supports youth ages 14-20 and staffed by individuals under 23 years of age. Learn more at: www.namimaine.org/teentextline

FAMILY RESPITE PROGRAM Assists families by providing a break in caring for a child with significant developmental delays and behavioral or emotional disorders. Learn more at: www.namimaine.org/respitfamily

24 HOUR PHONE SUPPORT

INTENTIONAL WARM LINE 1-866-771-9276

Toll-free 24 hours a day, seven days a week mental health peer-to-peer phone support line for adults, aged 18 and older. www.sweetser.org/programs-services/services-for-adults/peer-services/intentional-warm-line/

MAINE STATE CRISIS LINE 1-888-568-1112

If you are concerned about yourself or about somebody else, call the 24-hour crisis hotline and speak with a trained crisis clinician who can connect you to the closest crisis center.

www.heretohelpmaine.com

AUTISM SOCIETY OF MAINE

Improving the lives of individuals with autism and their families

www.asmonline.org

G.E.A.R. PARENT NETWORK

Free services and support to parents from parents of children with emotional and behavioral health concerns.

www.gearparentnetwork.org

MAINE PARENT FEDERATION

No cost support and training for parents of children with special needs

www.mpf.org

FIND A THERAPIST OR COUNSELOR

Search for a provider by zip code:

www.psychologytoday.com/us

HEALTH AFFILIATES MAINE

Broad base of mental health services

www.healthaffiliatesmaine.com