



## Behavioral Health Resource Guide

**Sebasticook Valley Area**



*For immediate assistance during a mental health crisis,  
call the Maine 24-hour Crisis Hotline at **(888)568-1112***

For other statewide support, education, and referrals,  
call the NAMI Maine Help Line at  
(800)464-5767 or email [info@namimaine.org](mailto:info@namimaine.org)

Dial 2-1-1/Services Throughout Maine

SVH/HealthySV: 207-487-3890



## Kennebec and Somerset County Mental Health Agencies

|   |   |   |
|---|---|---|
| <b>Assistance Plus</b><br>PO Box 358<br>1604 Benton Avenue<br>Fairfield, ME 04937           | 207-453-4708<br><a href="http://assistanceplus.com">http://assistanceplus.com</a> | <ul style="list-style-type: none"> <li>• Adult Community Integration</li> <li>• Living Support/Skills</li> <li>• Outpatient Therapy</li> </ul>    |
| <b>Catholic Charities of Maine</b><br>PO Box 378<br>66 Western Ave<br>Fairfield, ME 04937   | 207-453-4365  | <ul style="list-style-type: none"> <li>• Adult Community Integration</li> </ul>   |
| <b>Charlotte White Center</b><br>572 Bangor Road<br>Dover-Foxcroft, ME 04426                | 207-564-2464  | <ul style="list-style-type: none"> <li>• Community Support</li> <li>• Daily Living Support</li> </ul>   |
| <b>Crisis &amp; Counseling Centers</b><br>32 Winthrop Street<br>Augusta, ME 04330           | 207-626-3448  | <ul style="list-style-type: none"> <li>• Crisis Service</li> <li>• Crisis Stabilization in Home</li> <li>• Crisis Mobile Stabilization</li> </ul> |
| <b>Maine General Community Care</b><br>10 Water Street<br>Suite 303<br>Waterville, ME 04901 | 207-861-3500  | <ul style="list-style-type: none"> <li>• Adult Community Integration</li> <li>• Adult ICI</li> <li>• Individual and Group Counseling</li> </ul>   |
| <b>High Hopes Clubhouse</b><br>26 College Avenue<br>Waterville, ME 04901                    | 207-877-0038  | <ul style="list-style-type: none"> <li>• Mental Health Community</li> </ul>   |
| <b>Kennebec Behavioral Health</b><br>5 Commerce Drive<br>Skowhegan, ME 04976                | 1-888-322-2136  | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Substance Abuse Specialists</li> </ul>  |
| <b>Maine Behavioral Health Organization</b><br>30 Leavitt Street<br>Skowhegan, ME 04976     | 207-485-3313<br>207-474-3244  | <ul style="list-style-type: none"> <li>• Counseling</li> <li>• Case Management</li> <li>• Section 28 Service</li> </ul>                           |
| <b>Motivational Services Inc.</b><br>14 Glenridge Drive<br>Augusta, ME 04332                | 207-626-3465  | <ul style="list-style-type: none"> <li>• Community Support</li> </ul>   |

### Somerset County General Services

|                                |  |
|--------------------------------|--|
| DHHS Skowhegan<br>207-474-4800 | Vocational Rehab<br>207-474-4958 • TDD 711 |
|--------------------------------|--|

### Somerset Private Practice Providers

|                             |            |              |
|-----------------------------|------------|--------------|
| <b>Tina Meadow</b>          | Pittsfield | 207-922-9252 |
| <b>Sarah Williams, LCSW</b> | Pittsfield | 207-487-6502 |
| <b>H. Chris Kerr</b>        | Pittsfield | 207-877-1098 |
| <b>Gerald Thibault</b>      | Skowhegan  | 207-474-3477 |

## Employment Support

|   |                |   |
|---|----------------|---|
| <b>Vocational Rehabilitation</b><br>Maine Dept. of Labor<br>54 State House Station<br>Augusta, ME 04333 | 1-800-698-4440 | The Division of Vocational Rehabilitation, also known as "VR", is a Department of Labor program that helps people who have disabilities to get and keep a job. VR helps people who have physical, mental, or emotional disabilities.<br><a href="http://www.maine.gov/rehab/dvr">http://www.maine.gov/rehab/dvr</a> |
| ASPIRE  | 1-800-442-6003 | ASPIRE/TANF is a program that helps TANF recipients find employment that will pay enough to make it possible for them to get off welfare.<br><a href="http://www.maine.gov/dhhs.ofi">http://www.maine.gov/dhhs.ofi</a>  |

## Veteran's Services

|                                |                |   |
|--------------------------------|----------------|---|
| Togus Veteran's Administration | 1-877-421-8263 | <a href="http://www.maine.va.gov">http://www.maine.va.gov</a>   |
| Veteran's Crisis Hotline       | 1-800-273-8263 | The Veteran's Crisis Line connects Veterans in crisis, and their families and friends with qualified, caring responders through hotline, online chat, or text.<br><a href="http://veteranscrisisline.net">http://veteranscrisisline.net</a> |

## Community Action Agencies

|   |   |  |
|---|---|--|
| Head Start, Housing, HEAP, Transportation |   |  |
| Penquis CAP<br>(Penobscot & Piscataquis)  | 1-800-215-4942 • Transportation: 1-855-437-5883 | <a href="http://www.penquis.org">www.penquis.org</a> |
| Kennebec Valley CAP                       | 1-800-542-8227 • Transportation: 1-844-736-7847 | <a href="http://www.kvcap.org">www.kvcap.org</a>     |

## Elders

|   |                |  |
|---|----------------|--|
| Eastern Maine Center on Aging<br>(Penobscot County) | 207-941-2865   | <a href="http://www.eaaa.org">www.eaaa.org</a>                               |
| Spectrum Generations<br>(Somerset County)           | 1-800-464-8703 | <a href="http://www.spectrumgenerations.org">www.spectrumgenerations.org</a> |
| Legal Services for the Elderly                      | 1-800-750-5353 | <a href="http://www.maineelse.org">www.maineelse.org</a>                     |

## Hospitals

|  |  |
|--|--|
| <p><b>Sebasticook Valley Hospital</b><br/>447 North Main Street<br/>Pittsfield, ME 04967<br/>207-487-4000<br/><a href="http://www.sebasticookvalleyhealth.org">www.sebasticookvalleyhealth.org</a></p> | <p><b>Eastern Maine Medical Center</b><br/>489 State Street<br/>Bangor, ME 04401<br/>207-973-7000<br/><a href="http://www.emmc.org">www.emmc.org</a></p>             |
| <p><b>MaineGeneral Medical Center</b><br/>149 North Street<br/>Waterville, ME 04901<br/>207-872-1000<br/><a href="http://www.maine-general.org">www.maine-general.org</a></p>                          | <p><b>Redington-Fairview General Hospital</b><br/>46 Fariview Avenue<br/>Skowhegan, ME 04976<br/>207-474-5121<br/><a href="http://www.rfgh.net">www.rfgh.net</a></p> |
| <p><b>Inland Hospital</b><br/>200 Kennedy Memorial Drive<br/>Waterville, ME 04901<br/>207-861-3000<br/><a href="http://www.inlandhospital.org">www.inlandhospital.org</a></p>                          |  |

## Emergency Housing Services

|                               |   |              |                 |
|-------------------------------|---|--------------|-----------------|
| Maine State Housing Authority | General                                 | 207-626-4600 | Augusta         |
| Bangor Area Homeless Shelter  | General                                 | 207-947-0092 | Bangor          |
| Hope House                    | Substance Abuse                         | 207-217-6717 | Bangor          |
| MANNA, Inc. - Elijah's Place  | Men/Substance Abuse                     | 207-990-2870 | Bangor          |
| MAPS Shelter Services         | Pregnant & Parenting Women and Children | 207-949-4052 | Bangor          |
| OHI - Rachael House           | Chronic Mental Illness                  | 207-941-2874 | Bangor          |
| Shaw House                    | Youth                                   | 207-941-2874 | Bangor          |
| Spruce Run                    | Domestic Violence                       | 800-863-9909 | Bangor          |
| The Shepard Godparent Home    | Pregnant Women                          | 207-949-2273 | Bangor          |
| Family Violence Project       | Domestic Violence                       | 877-890-7788 | Somerset County |
| New Hope Shelter              | Women and Children                      | 207-669-4402 | Solon           |
| Trinity Shelter               | Single Men                              | 207-399-7538 | Skowhegan       |
| Mid-Maine Homeless Shelter    | General                                 | 207-872-8082 | Waterville      |

## Penobscot County Mental Health Agencies

|  |  |   |
|--|--|---|
| <p><b>Allies Inc.</b><br/>21 Main Street • Suite 301<br/>Bangor, ME 04401</p>                              | <p>207-941-8727<br/>TTY: 207-942-9311<br/><a href="http://alliesinc.org">alliesinc.org</a></p>             | <ul style="list-style-type: none"> <li>• Community Support</li> <li>• Outpatient &amp; Prof</li> </ul>  |
| <p><b>Bangor Counseling Center</b><br/>202 Exchange Street<br/>Bangor, ME 04401</p>                        | <p>207-941-6434<br/><a href="http://bangorcounselingcenter.com">bangorcounselingcenter.com</a></p>         | <ul style="list-style-type: none"> <li>• Individual &amp; Group Counseling</li> <li>• Outpatient Therapy</li> </ul>   |
| <p><b>Care &amp; Comfort</b><br/>21 Main Street • Suite 301<br/>Bangor, ME 04401</p>                       | <p>877-784-6993<br/><a href="http://careandcomfort.com">careandcomfort.com</a></p>                         | <ul style="list-style-type: none"> <li>• Outpatient</li> </ul>  |
| <p><b>Community Health and Counseling</b><br/>PO Box 425<br/>42 Cedar Street<br/>Bangor, ME 04402-0425</p> | <p>207-947-0366<br/>TTY: 990-3323<br/><a href="http://chcs-me.org">chcs-me.org</a></p>                     | <ul style="list-style-type: none"> <li>• Adult ICI</li> <li>• Individual &amp; Group Counseling</li> <li>• Community Residential</li> <li>• Crisis Stabilization</li> <li>• Mobile &amp; Residential</li> <li>• Warm Lines</li> </ul> |
| <p><b>Community Care</b><br/>40 Summer Street<br/>Bangor, ME 04401</p>                                     | <p>207-945-4240<br/><a href="http://comcareme.org">comcareme.org</a></p>                                   | <ul style="list-style-type: none"> <li>• Adult Community Integration</li> </ul>   |
| <p><b>Dorothea Dix Psychiatric Center</b><br/>PO Box 926<br/>Bangor, ME 04402</p>                          | <p>207-941-4000<br/>TTY: 207-941-4322<br/><a href="http://maine.gov/dhhs/DDPC">maine.gov/dhhs/DDPC</a></p> | <ul style="list-style-type: none"> <li>• Inpatient</li> <li>• Medication Clinic</li> <li>• Outpatient &amp; Prof</li> </ul>   |
| <p><b>Life by Design, P.A.</b><br/>1510 State Street<br/>Veazie, ME 04401</p>                              | <p>Phone: 207-404-4596<br/>Fax: 207-404-4597</p>   | <ul style="list-style-type: none"> <li>• Diagnosis &amp; Evaluation</li> <li>• Individual and Group Counseling</li> </ul>   |
| <p><b>Northeast Educational Exchange</b><br/>442 Moosehead Trail<br/>Newport, ME 04953</p>                 | <p>207-355-3001</p>  | <ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Substance Abuse</li> <li>• Community Support Center</li> </ul>  |
| <p><b>Phoenix Mental Health Services</b><br/>444 Stillwater Avenue<br/>Suite 202<br/>Bangor, ME 04401</p>  | <p>207-941-1113</p>  | <ul style="list-style-type: none"> <li>• Individual &amp; Group Counseling</li> </ul>   |
| <p><b>Unlimited Solutions Clubhouse</b><br/>30 Summer Street<br/>Bangor, ME 04401</p>                      | <p>207-404-8383</p>  | <ul style="list-style-type: none"> <li>• Recovery (Mental Illness)</li> <li>• Transitional Employment Community</li> </ul>  |

## Penobscot County General Services

|                                     |   |
|-------------------------------------|---|
| <b>DHHS Bangor</b><br>(800)432-7825 | Vocational Rehab<br>207-561-4000 • 888-585-8811 • TDD 711 |
|-------------------------------------|---|

### Primary Care Providers in Sebecicook Valley SVH Family Care (Affiliated with Sebecicook Valley Hospital)

|   |                                       |              |
|---|---------------------------------------|--------------|
| <b>Pittsfield</b><br>(Psychiatric Mental Health Nurse Practitioner) | 470 Somerset Avenue<br>Pittsfield, ME | 207-487-5154 |
| <b>Newport</b>  | 8 Main Street<br>Newport, ME          | 207-368-4292 |
| <b>Clinton</b>  | 1309 Main Street<br>Clinton, ME       | 207-426-0976 |

### Other Primary Care Provider Facilities

|  |                                      |              |
|--|--------------------------------------|--------------|
| <b>Newport Family Practice</b><br>(Counseling)   | 26 Main Street<br>Newport, ME        | 207-368-5747 |
| <b>Reddy Health Center</b><br><b>Family Practice &amp; Urgent Care</b><br>(Substance Abuse Counseling, Addiction,<br>Medicine & Pain Management) | 51 High Street<br>Dexter, ME         | 207-924-7349 |
| <b>Family Circles Healthcare</b>   | 10 Great Moose Drive<br>Hartland, ME | 207-270-4060 |

### Home Town Health Centers

Federally qualified health centers with sliding fee scale

|  |   |              |
|--|---|--------------|
| <b>Dexter</b><br>(Counseling)            | 29 Church Street<br>Dexter, ME            | 207-924-5200 |
| <b>Dover-Foxcroft</b><br>(Counseling)    | 1008 W. Main Street<br>Dover-Foxcroft, ME | 207-564-8710 |
| <b>Pittsfield</b>                        | 140 Chandler Street<br>Pittsfield, ME     | 207-487-9244 |
| <b>Newport</b><br>(Pediatric Counseling) | 118 Moosehead Trail<br>Newport, ME        | 207-368-5189 |

# Statewide Resources

## Crisis Services

|                            |                |  |
|----------------------------|----------------|--|
| Maine 24-Hour Crisis Line  | 1-888-568-1112 | If you are concerned about yourself or somebody else, call the Crisis Hotline to be connected with your local crisis center.   |
| Emergency Response Service | 911            |  |
| Poison Control             | 1-800-222-1222 | The Northern New England Poison Center is your source for fast information and expert advice. Whether you've taken too much medicine, spilled a chemical on your skin, or just have a question, we are here for you. |

## Hotlines

|                            |                                     |   |
|----------------------------|-------------------------------------|---|
| NAMI Maine Help Line       | 1-800-464-5767                      | The Help Line is a safe and confidential mental health service for peers, professionals, friends and family members.  |
| Child Abuse                | 1-800-452-1999                      |   |
| Elder Abuse                | 1-800-974-0062                      |   |
| Intentional Peer Warm Line | 1-866-771-9276                      | Toll-free anywhere in Maine, 24 hours a day/7 days a week - Peer to peer recovery focused conversations.  |
| Sexual Assault Response    | 1-800-871-7741                      |   |
| Domestic Violence          | 1-866-834-4357                      |   |
| Maine Tobacco Helpline     | 1-800-207-1230                      | When you're ready to quit, just call.   |
| 211                        | 211                                 | Out of state: 1-877-463-6207 One number - thousands of referrals.   |
| Drug Tip Hotline           | 1-800-452-6457                      |   |
| The Women's Project        | 1-877-429-6884                      | Are you concerned about pregnant or parenting women affected by substance abuse?  |
| Alcoholics Anonymous       | 1-800-737-6237                      | During business hours, your call will be taken by a member of AA who knows exactly what you are going through. At night, there is a well-qualified answering service which can provide meeting information. |
| Narcotics Anonymous        | 1-800-974-0062                      | Call to talk to a recovering addict about your own needs.   |
| Alanon                     | 1-800-498-1844 or<br>1-800-284-1844 | Hotline for anywhere in the state.  |