



*Creating Healthy Communities*

## 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> PO Box 358 1604 Benton Avenue Benton, ME 04901	207-453-4708 <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> PO Box 378 66 Western Ave Fairfield, ME 04937	207-453-4365 207-238-8628	<ul style="list-style-type: none"> <li>• Adult Community Integration</li> <li>• Case Management</li> <li>• Behavioral Health Home</li> </ul>
<b>Charlotte White Center</b> 572 Bangor Road 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> 10 Caldwell Road 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>MaineGeneral Community Care</b> 24 Chase Avenue Waterville, ME 04901	207-861-3500 207-872-4151 (MAT) 1-800-427-1127	<ul style="list-style-type: none"> <li>• Adult Community Integration</li> <li>• Adult ICI</li> <li>• Counseling</li> <li>• MAT</li> </ul>
<b>High Hopes Clubhouse</b> 26 College Avenue Waterville, ME 04901	207-877-0038	<ul style="list-style-type: none"> <li>• Mental Health Community</li> <li>• Employment Services</li> </ul>
<b>Kennebec Behavioral Health</b> 5 Commerce Drive Skowhegan, ME 04976	1-888-322-2136	<ul style="list-style-type: none"> <li>• Outpatient Counseling</li> <li>• Outpatient Medication Management</li> <li>• Case Management</li> </ul>
<b>Maine Behavioral Health Organization</b> 30 Leavitt Street Skowhegan, ME 04976	207-485-3313 207-474-3244	<ul style="list-style-type: none"> <li>• Counseling</li> <li>• Case Management</li> <li>• Section 28 Service</li> <li>• Substance Use</li> </ul>
<b>Motivational Services Inc.</b> 71 Hospital Street Augusta, ME 04330	207-626-3465	<ul style="list-style-type: none"> <li>• Community Support</li> <li>• Group Homes/Supported living</li> </ul>

## Somerset County General Services

<b>DHHS Skowhegan</b> 207-474-4800/1-800-452-4602	<b>Vocational Rehab</b> 207-474-4958 • TDD 711
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## 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> Maine Dept. of Labor 54 State House Station 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. <a href="http://www.maine.gov/rehab/dvr">http://www.maine.gov/rehab/dvr</a>
<b>ASPIRE</b>	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. <a href="http://www.maine.gov/dhhs.ofi">http://www.maine.gov/dhhs.ofi</a>

## Veteran's Services

<b>Togus Veteran's Administration</b>	1-877-421-8263	<a href="http://www.maine.va.gov">http://www.maine.va.gov</a>
<b>Veteran's Crisis Hotline</b>	1-800-273-8263 OR Text 838255	The Veteran's Crisis Line connects Veterans in crisis, and their families and friends with qualified, caring responders through hotline, online chat, or text. <a href="http://veteranscrisisline.net">http://veteranscrisisline.net</a>

## Community Action Agencies

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

## Elders

<b>Eastern Area Agency on Aging</b> (Penobscot County)	207-941-2865	<a href="http://www.eaaa.org">www.eaaa.org</a>
<b>Spectrum Generations</b> (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>Northern Light Sebasticook Valley Hospital</b> 447 North Main Street Pittsfield, ME 04967 207-487-4000 <a href="http://www.northernlighthealth.org">www.northernlighthealth.org</a></p>	<p><b>Northern Light Eastern Maine Medical Center</b> 489 State Street Bangor, ME 04401 207-973-7000 <a href="http://www.northernlighthealth.org">www.northernlighthealth.org</a></p>
<p><b>MaineGeneral Medical Center</b> 149 North Street Waterville, ME 04901 207-872-1000 <a href="http://www.maine-general.org">www.maine-general.org</a></p>	<p><b>Redington-Fairview General Hospital</b> 46 Fariview Avenue Skowhegan, ME 04976 207-474-5121 <a href="http://www.rfgh.net">www.rfgh.net</a></p>
<p><b>Northern Light Inland Hospital</b> 200 Kennedy Memorial Drive Waterville, ME 04901 207-861-3000 <a href="http://www.northernlighthealth.org">www.northernlighthealth.org</a></p>	

## Emergency Housing Services

<b>Maine State Housing Authority</b>	General	207-626-4600	Augusta
<b>Bangor Area Homeless Shelter</b>	General	207-947-0092	Bangor
<b>Hope House</b>	Substance Abuse	207-217-6717	Bangor
<b>MANNA, Inc. - Elijah's Place</b>	Men/Substance Abuse	207-990-2870	Bangor
<b>MAPS Shelter Services</b>	Pregnant & Parenting Women and Children	207-990-3005	Bangor
<b>OHI - Rachel House</b>	Chronic Mental Illness	207-848-5804	Bangor
<b>Shaw House</b>	Youth	207-941-2874	Bangor
<b>Partners for Peace</b>	Domestic Violence	800-863-9909	Bangor
<b>The Shepard Godparent Home</b>	Pregnant Women	207-947-9220	Bangor
<b>Family Violence Project</b>	Domestic Violence	877-890-7788	Somerset County
<b>New Hope Shelter</b>	Women and Children	207-643-6015	Solon
<b>Trinity Shelter</b>	Single Men	207-399-7538	Skowhegan
<b>Mid-Maine Homeless Shelter</b>	General	207-872-8082	Waterville

## Penobscot County Mental Health Agencies

<p><b>Northern Light Acadia Hospital</b> 268 Stillwater Ave Bangor, ME 04402</p>	<p>1-800-640-1211 207-973-6100</p>	<ul style="list-style-type: none"> <li>• Substance Use Treatment</li> <li>• Counseling</li> <li>• Inpatient Services</li> <li>• Behavioral Medicine</li> </ul>
<p><b>Bangor Counseling Center</b> 202 Exchange Street Bangor, ME 04401</p>	<p>207-941-6434 <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>Behavioral Health Center</b> 77 Court Street Bangor, Maine 04401</p>	<p>207-941-0879 1-800-499-0879</p>	<ul style="list-style-type: none"> <li>• Outpatient Services</li> <li>• Community Support Services</li> </ul>
<p><b>Care &amp; Comfort</b> 24 Spring Road Suite 202 Bangor, ME 04401</p>	<p>877-784-6993 <a href="http://careandcomfort.com">careandcomfort.com</a></p>	<ul style="list-style-type: none"> <li>• Outpatient Therapy</li> <li>• Community Support</li> </ul>
<p><b>Community Health and Counseling</b> 42 Cedar Street Bangor, ME 04402-0425</p>	<p>207-947-0366 TTY: 990-3323 <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> 40 Summer Street Bangor, ME 04401</p>	<p>207-945-4240 1-888-236-2273 <a href="http://comcareme.org">comcareme.org</a></p>	<ul style="list-style-type: none"> <li>• Home and Community Treatment</li> <li>• Outpatient Therapy</li> <li>• Case Management</li> <li>• Independent Living Program</li> </ul>
<p><b>Dorothea Dix Psychiatric Center</b> PO Box 926 Bangor, ME 04402</p>	<p>207-941-4000 TTY: 207-941-4322 <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> 1510 State Street Veazie, ME 04401</p>	<p>Phone: 207-404-4596 Fax: 207-404-4597</p>	<ul style="list-style-type: none"> <li>• Diagnosis &amp; Evaluation</li> <li>• Counseling Services</li> <li>• Outpatient Substance Abuse</li> <li>• Community Integration</li> </ul>
<p><b>Northeast Occupational Exchange</b> 442 Moosehead Trail Newport, ME 04953</p>	<p>800-857-0500 207-368-2072</p>	<ul style="list-style-type: none"> <li>• Mental Health</li> <li>• Substance Abuse</li> <li>• Community Support Center</li> <li>• Individual Counseling</li> </ul>
<p><b>Unlimited Solutions Clubhouse</b> 30 Summer Street 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> (800)432-7825	<b>Vocational Rehab</b> 207-561-4000 • 888-585-8811 • TDD 711
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### Primary Care Providers in Sebecicook Valley

SVH Family Care (Affiliated with Northern Light Sebecicook Valley Hospital)

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

### Other Primary Care Provider Facilities

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

### Home Town Health Centers

Federally qualified health centers with sliding fee scale

<b>Dexter</b> (Behavioral Health Services)	29 Church Street Dexter, ME	207-924-5200
<b>Newport</b> (Behavioral Health Services)	118 Moosehead Trail Newport, ME	207-368-5189

# Statewide Resources

## Crisis Services

<b>Maine 24-Hour Crisis Line</b>	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.
<b>Emergency Response Service</b>	911	
<b>Poison Control</b>	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

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