



United Way  
of the Tri-Valley Area

# DIRECTORY

## OF COMMONLY REQUESTED COMMUNITY SERVICES

Brought to you locally by the United Way of the Tri-Valley Area

CALL **2-1-1** or 1-866-811-5695 or go on-line to [www.211Maine.org](http://www.211Maine.org)

for confidential help and information on local and state-wide resources.

### CRISIS / EMERGENCY SERVICES

<b>Emergency</b> .....	9-1-1
AIDS hotline (Portland).....	1-800-851-2437
American Red Cross United Valley Chapter .....	795-4004
Emergency Oil & Hazardous Materials Response .....	1-800-482-0777
Franklin County Emergency Management Agency .....	778-5892
Maine Emergency Management Agency .....	1-800-452-8735
National Center for Missing/Exploited Children.....	1-800-843-5678
Northern NE Poison Center .....	1-800-222-1222
NorthStar Emergency Medical Services .....	779-2770
Statewide Mental Health Suicide/ Crisis Line.....	1-888-568-1112

### ABUSE/ASSAULT

#### **Child Abuse**

Child Protective Services - DHHS.....	1-800-452-1999
Franklin County Children's Task Force .....	1-888-429-6960 or 778-6960

#### **Domestic Violence**

Family Crisis Services (24-hour service) .....	1-800-537-6066
Domestic Abuse Helpline for Men & Women .....	1-888-743-5754
National Domestic Violence Hotline .....	1-800-799-7233
Safe Voices, <i>formerly AWAP</i> (Farmington).....	778-6107
..... Or the hotline 1-800-559-2927	

#### **Sexual Assault**

Sexual Assault Victims Emergency Services .....	778-9522
..... Or the helpline 1-800-871-7741	
..... For cell phone users 1-866-740-9516	

### DISABILITY SERVICES

Alpha One .....	1-800-640-7200
Department of Health and Human Services (Franklin Cty.).....	778-8400
Department of Labor, Bureau of Rehabilitation .....	1-800-741-2991
Disability Rights Center .....	1-800-452-1948 or 626-2774
Child Development Services PEDS .....	1-800-561-1165
IRIS (Maine Center for the Blind).....	1-800-715-0097
LEAP (Life Enrichment Advancing People, Inc) .....	778-3443
Maine Center for Integrated Rehabilitation.....	872-0270
Maine Parent Federation (SPIN).....	1-800-870-7746
Maine Relay Service for the Deaf .....	7-1-1
Pine Tree Society.....	443-3341
Special Library Services-Books on Tape .....	1-800-762-7106
SeniorsPlus Connections & Disabilities Resources.....	1-800-234-3921
Vocational Rehabilitation .....	1-800-315-1192
Work First, Inc .....	778-3200

### EDUCATION & EMPLOYMENT SERVICES

ASPIRE/JOBS.....	1-800-482-7517
Career Center (East Wilton) .....	645-5800
Foster Regional Applied Technology Center.....	778-3562
Franklin County Community College Network.....	1-800-517-2859
Gold LEAF (Senior College) .....	778-7063
Jay and Livermore Falls Adult & Community Education.....	897-6384
Jobs for Maine Graduates.....	778-3562
Literacy Volunteers of Franklin and Somerset Counties.....	778-3460
Mt. Blue RSD Adult & Community Education .....	778-3460
MSAD #58 Adult & Community Education .....	678-2701 ext. 226
Occupational Safety Hotline .....	1-800-321-6742
Opportunity Center.....	639-5000
Parents as Scholars .....	778-8400
Rangeley Adult and Community Education.....	864-3311 ext. 126
Unemployment Insurance.....	1-800-593-7660
Univ. of Maine at Farmington.....	778-7050
Univ. of Maine Cooperative Extension .....	1-800-287-1478 or 778-4650
Vocational Rehabilitation .....	1-800-315-1192
Western Maine Community Action.....	1-800-982-4311 or 645-3764
Women, Work & Community .....	1-800-442-2092 or 778-2757
Worker's Compensation Board .....	1-888-801-9087
Women's Business Center.....	778-6529
WorkReady.....	778-3460

### ELDER SERVICES

Adult Protective Services (24 hr. to report abuse) .....	1-800-624-8404
Alzheimer's Geriatric Evaluation Services (AGES).....	1-800-930-2437
Eldercare Locator.....	1-800-677-1116
Legal Services for the Elderly .....	1-800-750-5353
Lifeline.....	1-800-242-1306, ext. 4706

Long Term Care Ombudsman.....	1-800-499-0229
Low Cost Drug Program-Elder/Disabled (ME.Rx Plus) .....	1-866-796-2463
SeniorsPlus (Meals on Wheels, Benefits Counseling, etc.)....	795-4010

Office of Elder Services Hot Line.....	1-800-624-8484
Senior Companion Program .....	743-6329 or 1-800-287-1495

### FAMILY & CHILDREN'S SERVICES

#### **Child Care Information and Vouchers**

Child Protective Services .....	1-800-452-1999
Community Concepts-Head Start .....	1-800-866-5588
Child Care Resource and Referral (Tri-County).....	1-800-866-5588
Child Development Center PEDS (Farmington).....	778-6262
Franklin Health Child and Adolescent Developmental Peds....	779-2168
Finders/Seekers Resource Development Center.....	1-800-866-5588
Western Maine Community Action.....	1-800-645-9636 or 645-3764

#### **Mentoring and Scouting Programs**

Franklin County Children's Task Force.....	1-888-429-6960
Girls Talk/Teen Voices .....	778-7347
Kennebec Girl Scout Council.....	772-1177
Lunch Buddy Program.....	778-6697
Pine Tree Council Boy Scouts of America.....	797-5252

#### **Parenting Resources**

Department of Health and Human Services.....	1-800-442-6382
Everyone's Resource Depot, Inc. ....	778-7150
Families in Transition (helping with separations) .....	1-800-287-1482
Franklin County Children's Task Force.....	1-888-429-6960
KidsPeace (behavioral and mental health needs).....	1-800-854-3123
Mainely Parents .....	842-2984
The Maine Transition Network.....	592-0940

#### **Other**

Maine Kids-Kin (grandparents raising children) .....	1-866-298-0896
New Beginnings homeless youth outreach (Farmington).....	778-6193
Runaway Hotline .....	1-800-786-2929

### FINANCIAL ASSISTANCE & SUPPORT PROGRAMS

#### **Clothing, Emergency Money, Food, Fuel, Mortgage, Rent, Utilities**

American Legion/VFW .....	623-5726
Bread of Life Ministries.....	626-3434
Care & Share Food Closet FAEM.....	778-3833
Carthage Food Pantry .....	562-8874
Catholic Charities Maine.....	1-800-781-8550
Church of the Good Shepherd Food Bank.....	864-3394
Citizens Energy Oil ("Joe for Oil") .....	1-877-563-4645 or 978-269-5980
Clearwater Ministry Food Pantry .....	778-4523
Coastal Enterprises, Inc. ....	1-877-340-2649/882-7552
Community Concepts .....	743-7716
Department of Health and Human Services.....	1-800-442-6382
Farmington Falls Church of Christ Clothing Exchange.....	645-3301
Food Stamps in Franklin County .....	1-800-482-7517
..... Farmington 778-4010	
Franklin Financial Assistance (FCHN).....	1-888-952-2772
Free Store (Rumford/Mexico) .....	369-3677
General Assistance.....	Local Town Office or Call 2-1-1
Homestead Bargain Barn .....	778-2783
Jay Schools Clothing Project.....	897-3936
LIHEAP and all Heating Assistance funds 1-800-645-9636 or 645-3764	
MaineHousing .....	1-800-425-4668
Military OneSource.....	1-888-810-0221
Mt. Vernon First Baptist Church Food Bank.....	293-2273
Phillips Area Food Pantry.....	639-2423
Poverty Tax Abatement Information .....	1-800-438-3890
Public Utilities Commission .....	1-800-452-6999
Rural Community Action Ministry.....	524-3791 or 224-7505
Safe Voices, <i>formerly AWAP</i> Food Pantry.....	778-6107
Salvation Army Assistance Program .....	774-6304
Salvation Army-local communities.....	call 2-1-1
SeniorsPlus (Meals on Wheels, Benefits Counseling, etc.).....	795-4010
Social Security Administration.....	1-800-772-1213
Stratton/Eustis Food Pantry.....	246-6231
Tri-Town Ministerial Association .....	897-2070 or 897-2656
United Methodist Economic Ministry.....	678-2611
Veterans Administration .....	1-800-827-1000
West Side Traders .....	778-1406
Western Maine Community Action.....	1-800-645-9636 or 645-3764
Wilton Area Food Pantry .....	645-4885
Women, Infants & Children (WIC) .....	1-800-645-9636

**HOUSING & SHELTER**

Affordable Housing (Wilton) ..... 645-3764
Androscoggin County Habitat for Humanity ..... 786-2598
Community Concepts ..... 1-800-866-5588
Housing Discrimination ..... 1-800-669-9777
MaineHousing ..... 1-800-425-4668
Mission at the Eastward (Farmington) ..... 778-4705
New Beginnings ..... 778-6193
Poverty Tax Abatement ..... call local Town Office
Property Tax & Rent Refund Program (for applications only).. 624-7894
Rural Community Action Ministry ..... 524-3791 or 224-7505
Shelter Resources ..... 626-4632
Western Maine Community Action..... 1-800-645-9636 or 645-3764

**LEGAL & TAX INFORMATION**

Child Support Enforcement..... 624-7829
Consumer Credit Counseling Services ..... 1-866-889-9347
Credit Counseling Centers, Inc ..... 1-800-539-2227
Finance Authority of Maine ..... 623-3263 or 1-800-228-3734
Franklin County District Attorney Office ..... 778-5890
Internal Revenue Service ..... 1-800-829-1040
Lawyer Info & Referral Service ..... 1-800-860-1460 or 622-1460
Legal Services for the Elderly ..... 1-800-750-5353
Maine Revenue Services ..... 287-2076
Maine Attorney General's Office ..... 626-8800
Maine Civil Liberties Union ..... 774-5444
Maine Equal Justice Project ..... 626-7058
Maine Human Rights Commission..... 624-6063
Maine Volunteer Lawyers Project ..... 1-800-442-4293
Middle Ground Mediation..... 778-4457
Office of Consumer Credit Regulation ..... 1-800-332-8529
Pine Tree Legal Assistance-Augusta ..... 622-4731
Pine Tree Legal Assistance- Portland..... 774-8211
Property Tax Abatement Information ..... 1-800-438-3890
Property Tax and Rent Refund (for filing assistance) ..... 626-8475
Public Utilities Commission..... 1-800-452-4699
Safe Voices, formerly AWAP ..... 778-6107
Social Security Administration ..... 1-800-772-1213
TEL LAW-recorded legal messages ..... 626-8849
The National Senior Citizens Law Center ..... 289-6976
Veterans Administration ..... 1-800-827-1000
Victim's Compensation Board..... 1-800-903-7882

**LEGISLATURE**

State Representatives ..... 1-800-423-2900
State Senators..... 1-800-426-6900

**TRANSPORTATION**

Community Concepts Farmington ..... 779-0594
Community Concepts main office ..... 1-877-603-0594
Rangeley Regional Health Appointment Transportation..... 864-3765
Western Maine Transportation Services ..... 1-800-393-9335
Go Maine..... 1-800-280-RIDE

**HEALTH CARE**

Androscoggin Home Care and Hospice..... 1-800-482-7412
Community Concepts ..... 743-7716
Consumers for Affordable Health Care & Healthcare Guide ... 622-7083
Department of Health and Human Services ..... 1-800-442-6382
Franklin Community Health Network..... 778-6031 or 1-800-398-6031
..... for financial assistance through FCHN, call 779-2396 or 779-3158
Goold Health Systems ..... 1-800-609-7893
Healthy Community Coalition ..... 779-2925
Lead Program..... 287-4311
Low-Cost Drug Program (Elder/Disabled) ..... 1-866-796-2463
MaineCare HelpLine ..... 1-800-965-7476 or 1-877-543-7669
MaineCare Member Services ..... 1-800-977-6740
Maine HIV/STD/Hepatitis Hotline ..... 1-800-232-4636
Medicare ..... 1-800-633-4227
Northern NE Poison Center ..... 1-800-222-1222
Public Health Nursing ..... 1-800-452-4602
Western Maine Community Action..... 1-800-587-9346

**HOME HEALTH CARE**

Androscoggin Home Care and Hospice ..... 1-800-482-7412
Care & Comfort ..... 1-800-366-5302
Catholic Charities Maine – Family Services ..... 1-800-781-8550
Goold Health Systems ..... 1-800-832-9672
Home Care for Maine ..... 1-800-639-3084
Veterans TeleCare ..... 1-800-827-1000

**HOSPITALS/CLINICS**

Children's Dental Center..... 1-866-253-1461
Community Dental..... 779-2659
Family Planning of Maine ..... 622-7524
Franklin Health Practices..... 778-6031
Physician Referral Line..... 1-800-450-2075
Franklin Memorial Hospital ..... 1 800-398-6031
Healthy Community Coalition ..... 779-2925
HealthReach Community Health Centers ..... 1-800-427-1127
Mt. Abram Regional Health Center ..... 265-4555
Rangeley Family Medicine..... 864-3303
Strong Area Health Center ..... 684-4010
Western Maine Family Health Center ..... 897-4345
Maine Donated Dental Services ..... 1-800-205-5615
NorthStar Emergency Medical Services (non emergency) ..... 779-2770
Planned Parenthood - Statewide ..... 1-877-326-2345

Senior-Dent..... 1-800-427-1241
Strong Area Dental Center ..... 684-3045
Veterans Hospital -Togus..... 1-877-421-8263 or 623-8411

**MENTAL HEALTH SERVICES**

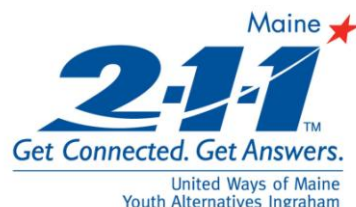
Care & Comfort ..... 1-800-366-5302
Community Correctional Alternatives ..... 778-5600
Department of Health and Human Services..... 1-800-442-6382
Evergreen Behavioral Services ..... 1-800-568-1112
Evergreen Behavioral Crisis Line ..... 1-800-394-1900
Families in Transition ..... 1-800-287-1482
Friends Together Peer Support and Recovery Center ..... 897-1010
Maine Warm Line..... 1-866-771-9276
State of ME Behavioral and Developmental Services... 1-888-568-1112
Statewide Mental Health Crisis Hotline ..... 1-888-568-1112
Support Groups..... Call 2-1-1
Sweetser Mental Health Services..... 645-2376
Therapist Search-Line ..... 1-800-386-4096
Tri-County Mental Health Services ..... 1-800-559-3556
Tri-County Crisis Line..... 1-888-568-1112

**SUBSTANCE ABUSE**

Alanon-Statewide ..... 1-800-498-1844
Alcoholics Anonymous - Statewide..... 1-800-737-6237
Crossroads for Women ..... 773-9931
Evergreen Behavioral Services ..... 1-888-568-1112
Every Mother's Wish..... 1-800-207-1230
Maine Office of Substance Abuse ..... 1-800-499-0027
Maine Tobacco Helpline..... 1-800-207-1230
Narcotics Anonymous ..... 1-800-974-0062
New Directions..... 938-4431
Overeaters Anonymous 24 hour hotline ..... 774-4357
Support Groups ..... Call 2-1-1
Sweetser Mental Health Services..... 645-2376
Tri-County Mental Health Services ..... 1-800-559-3556

**VOLUNTEERING or DONATING GOODS?**

Go to www.volunteermaine.org
or visit www.uwtva.org for a list of current volunteer opportunities in
Greater Franklin County



2-1-1 Maine is a FREE statewide
information and referral service available
24 hours a day, 365 days a year!

- ★ Simply DIAL 2-1-1, or visit the on-line 2-1-1 Maine
database, with over 9,000 human service programs,
at www.211Maine.org
- ★ 2-1-1 is available throughout Maine, but cell phone
and workplace phone access varies.
If you can't dial 2-1-1, please call 1-866-811-5695.
- ★ If you know of a service in the Tri-Valley Area that is
not listed or listed incorrectly, please email
afischang@unitedwaymidme.org or call 873-0686.

While this information is continuously updated, the United Way is
not responsible for the accuracy of this information.

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