

## Resource Lists



# Aging in Place

## in the Sacopee Valley



Food

Transportation

Heat, Fuel, Utilities

Home Care

Housing

Health Care

Substance Use Disorders

Mental Health Services

End-of-Life Resources

Socializing

Continuing Education

Legal Services & Advocacy

Hotlines

Compiled by the  
**Grateful Undead**  
*Revised May 2019*

## Handy numbers:

### EMERGENCY: 911

#### Local Fire Departments (use 911 for fire emergency)

- Baldwin: 625-9107
- Cornish: 625-3355
- Hiram: 625-4064
- South Hiram: 625-4825
- Kezar Falls: 625-8625  
(serving Parsonsfield and Porter)
- Newfield: 793-2330

#### Sacopee Valley Health Center 625- 8126

#### Town Offices:

- Baldwin: 625-3581
- Cornish: 625-4324
- Hiram: 625-4663
- Newfield: 793-4348
- Parsonsfield: 625-4558
- Porter: 625-8344

#### Southern Maine Agency on Aging

1-800-427-7411

Meals on Wheels for homebound older adults  
and Medicare counseling.

#### Catholic Charities

1-888-477-2263

Independent Support Services (ISS) for seniors  
and physically disabled adults.

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**The Grateful Undead** is a local group of concerned citizens from local towns who have been collaborating with the Sacopee Valley Health Center in addressing issues of aging and reaching out to seniors in our communities. We've set up a group of volunteer drivers (the Transporters), put together this community resource list, and are working on some ideas for volunteer work groups. Interested in finding out more or working with us? Email us at [sacopeegratefulundead@gmail.com](mailto:sacopeegratefulundead@gmail.com)



(Emergency food vouchers at Town Halls)

## Food Pantries

### **Riverside United Methodist Church**

6 School Street, Porter  
1st and 3rd Friday 8:30 – 9:30 am.  
400-2866 or 625-4886

### **Brownfield Food Pantry**

Lions Club Building, 701 Pequawket Trail  
3rd Thursday 1-4 pm  
935-2620

### **Bridgton Food Pantry**

United Methodist Church, 214 Main Street  
Tuesdays 11 am – 6 pm  
647-4476 or 318-4467

### **First Congregational Church of East Baldwin**

26 School Street  
Tuesday 9:30 – 10:00 am  
Glenn Haines: 625-2360

### **Hollis Center Baptist Church Food Pantry**

388 Hollis Road  
Tuesday and Thursday 10 – 11 am.  
929-4711

### **Limington Orthodox Presbyterian Church**

302 Sokokis Avenue  
2nd Saturday of the month: You must call and  
make an appointment!  
Val: 1-503-708-5230

### **Limerick Faith Kitchen Center**

143 Washington Street  
Wednesday 6 – 7 pm  
Friday night free supper 6 – 7 pm  
793-8444

### **St. Matthew's Food Pantry**

19 Dora Lane, Limerick  
1st Monday 6 – 7 pm  
1st and 3rd Tuesday  
2nd Friday 10 am – noon  
793-2244

### **Standish Food Pantry**

Standish Town Hall  
Monday 9:30 – 10:30 am; Wednesday 5 – 6:30 pm  
Amy Fitzgerald: 899-8371

### **Wakefield Food Pantry**

1500 Wakefield Road, Wakefield, NH  
(603) 522-3094  
Wednesday 10 am – 1 pm; 5 pm – 7 pm  
Serves Wakefield, Brookfield, Milton, and  
Effingham, NH; Newfield, ME.

## Meals on Wheels

Cumberland and York counties:  
1-800-400-6325

Porter and Hiram: 1-800-427-1244  
Kezar Falls: 625-4057

Provided by the Southern Maine Agency on  
Aging, this program is more than just a meal;  
it is also a wellness check and friendly visit by  
trained staff and volunteers.

## Other

### **Community Café at the South Hiram Rescue Barn**

17 Allard Street (off Main Street/Route 160)  
Luncheon for Seniors (60+)  
2nd and 4th Tuesdays at noon  
625-4057

### **Steep Falls Country Church**

35 Main Street (Route 11), Steep Falls  
Meals every Wednesday 4:30 – 6 pm  
Randy and Cindy LaGasse: 710-3359  
Open to everyone every week at no charge.  
Boxes of food are available to take home.

# Transportation



## County Services

### **Oxford County:**

#### **Community Concepts**

[community-concepts.org](http://community-concepts.org)

207-795-6073; 1-800-593-9775

Rides for elders for medical appointments, cancer treatment, and everyday needs, such as groceries, laundromat, etc. Rides are free to those who qualify.

### **York County:**

#### **Community Concepts**

York County Community Action Corporation

[yccac.org](http://yccac.org)

324-5762, 1-800-965-5762

Transportation for medical appointments. Call to make a reservation. Services are limited.

### **Cumberland County:**

#### **Regional Transportation Services**

774-2666; 1-800-244-0704

Must apply for services.

## Other

### **LogistiCare**

[logisticare.com/transportation](http://logisticare.com/transportation)

- Cumberland County: 1-855-608-5178
- Oxford County: 1-855-608-5180
- York County: 1-855-659-1302

Transportation to medical appointments for those with MaineCare coverage.

### **Grateful Undead**

[sacopeegratefulundead@gmail.com](mailto:sacopeegratefulundead@gmail.com)

Network of volunteer drivers offering rides for medical appointments for the Sacopee Valley area towns.

*Revised 5/2019*

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# Heat, Fuel, Utilities



## Sacopec Valley Area

### Sacopec Energy Alliance

625-8619

The Sacopec Energy Alliance is a small nonprofit group of concerned citizens located in the Kezar Falls area of Maine who want to help their neighbors stay warm in the winter. Their mission is to provide heating assistance to those in need and resources for all homeowners in our community to become more energy efficient.

## Oxford County

### Community Concepts

743-7716; 795-6073

[community-concepts.org](http://community-concepts.org)

- Home energy evaluation, radon, lead, asbestos testing
- Low income home energy assistance (financial assistance; help with furnace repair, oil tank replacement, home repairs or improvements)
- Telephone payment assistance
- Emergency home heating assistance
- Low income assistance program for utilities

## York County

### Community Action Corporation

324-5762; or 1-800-965-5762

[yccac.org](http://yccac.org)

- Low income home heating assistance (financial assistance; help with furnace repair, oil tank replacement, home repairs or improvements)
- Energy Services: emergency fuel and heating system maintenance bills
- Low income assistance program: assistance with electric bills

## Cumberland County

### Opportunity Alliance

874-1175

[opportunityalliance.org/programs/housing-and-energy-services/liheap/](http://opportunityalliance.org/programs/housing-and-energy-services/liheap/)

Provides supplemental heating assistance to income eligible households in Cumberland County to pay for a portion of their annual heating expenses.

## Maine

### Efficiency Maine

1-866-376-2463

<https://www.efficiencymaine.com/at-home/>

Provides guides and calculators to improve our energy efficiency. Their electricity monitors may be borrowed from local libraries. Offers rebates for upgrades such as major appliances and heating systems that are energy efficient.

# Home Care

*Note: this is not a complete list by any means. Search the internet for the specific service you want.*



## **Home Safe:**

### **Maine Health Care at Home**

Cumberland, York, Southern Oxford counties  
1-866-255-8744  
[mainehealthcareathome.org](http://mainehealthcareathome.org)

## **Elder Independence of Maine**

1-888-234-3920  
MaineCare program for assistance with Home Based Care

## **Southern Maine Agency on Aging (SMAA)**

1-800-427-7411  
York and Cumberland counties.

## **Seniors Plus**

Oxford County: 1-800-427-1241  
Counseling; money minders, education, caregiver services.

## **KEPRO**

1-833-525-5784  
Assesses level of care need, then sets up the assistance.

## **Catholic Charities of Maine**

1-888-477-2263  
[www.ccmaine.org/ISS](http://www.ccmaine.org/ISS)  
Provides homemaker services for seniors and individuals with disabilities, including in-home assistance with housekeeping, groceries, meal preparation and laundry.

## **At Home Family Supports**

Hollis, serving Oxford, York, Cumberland counties  
396-1202  
[athomefamilysupports.com/client](http://athomefamilysupports.com/client)

## **Geriatric Case Manager**

[aginglifecare.org](http://aginglifecare.org)  
Evaluates and coordinates care; provides crisis intervention.

## **Home Instead**

Cumberland County: 839-0441  
York County: 363-6550  
[homeinstead.com](http://homeinstead.com)  
Non-medical provider of personal care, companionship, meal preparation, light housekeeping, medication reminders, errands.  
Based in Gorham.

## **Visiting Nurses Association**

(207) 780-8624  
[VNAhomehealth.org](http://VNAhomehealth.org)  
Includes palliative care, in-home hospice care and Life Stages (aging at home) programs.

## **Home Hospice**

(866) 621-7600  
[hospiceofsouthernmaine.org](http://hospiceofsouthernmaine.org)  
Gosnell Memorial Hospice Services

# Housing



## **Pumpkinville**

553-7777; 1-800-339-6516

[pumpkinville.avestahousing.org](http://pumpkinville.avestahousing.org)

Subsidized low-rent apartments in Cornish.

## **Cornish Station, Cornish**

625-3524

[stanfordmanagement.com/properties](http://stanfordmanagement.com/properties)

Apartments for the elderly and disabled.

## **Community Concepts**

Oxford County: 1-800-866-5588

[community-concepts.org](http://community-concepts.org)

Low-income rentals, foreclosure counseling, energy audits.

## **MaineHousing**

(aka Maine State Housing Authority)

1-800-452-4668 or 626-4600

Low-income rentals and mortgage subsidies.

## **Gorham House**

839-5757

[gorhamhouse.com](http://gorhamhouse.com)

Retirement community with continuum care: independent and assisted living, Memory Care.

## **Westbrook Housing**

854-9779

[westbrookhousing.org](http://westbrookhousing.org)

Senior housing and low-income public housing (Section 8). Larrabee Heights and Larrabee Village - subsidized senior housing.

## **Homeless Shelter**

York County Shelter

324-1137

[www.yorkcountyshelterprograms.com](http://www.yorkcountyshelterprograms.com)

147 Shaker Hill Road, Alfred

Adult and family emergency shelter, substance abuse and mental health counseling.

# **Adaptive Resources**

## **Home Modifications:**

*Consider changes to your home that will make aging in place safer and more comfortable: walk-in bathtub; stair lifts; ramps, grab bars, etc.*

## **Maine Aging and Disability Resource Center**

1-877-353-3771

<http://adrcmaine.org/home-modification-repair>  
Information and resources about home modifications.

## **AARP HomeFit Guides and Worksheets**

1-888-OUR-AARP (1-888-687-2277)

<https://www.aarp.org/livable-communities/info-2014/home-fit-resources-worksheets.html>

AARP publications offering guidance on making homes safe for the aging. Pamphlet covers low-cost solutions; the booklet guides construction.

## **Efficiency Maine**

1-866-376-2463

<https://www efficiencymaine.com/at-home/>  
Guides and calculators to improve your energy efficiency. Electricity monitors may be borrowed from local libraries.

## **Sacopee Energy Alliance**

625-8619

The SEA may be able to provide low-cost interior storm windows to increase the energy efficiency of homes for low-income families.

## **Handy Helpers**

[sacopeegratefulundead@gmail.com](mailto:sacopeegratefulundead@gmail.com)

The Grateful Undead has volunteers who may be able to help with simple modifications and chores to help people stay in their homes.

# Health Care



## Medical Care

### **Sacopee Valley Health Center**

625-8126

70 Main Street, Porter

svhc.org

Medical, mental health, optometry, and dental services. Provides help with enrolling and reenrolling in Health Insurance Marketplace plans, MaineCare, Medicare, and with sorting through insurance issues and paperwork. You do not need to be a patient to access these services.

### **Bridgton Hospital**

647-6000

647 Hospital Drive, Bridgton

cmhc.org/bridgton-hospital

### **Joseph DeKay, DO**

625-4730

4 Sebago Road, Hiram

Specializes in family practice, geriatric medicine.

Affiliated with Maine Medical Center.

Accepts MaineCare and Medicare.

### **Galbraith Family Medicine, LLC**

793-9586

44 Elm St., Limerick

galbraithfamilymedicine.com

Dr. Kathryn Galbraith, MD and Dr. David

Galbraith, MD, provide an independent community practice to care for the health needs of the whole family.

### **Sacopee Valley Family Dentistry**

625-8551

38 Main Street, Porter

sacopeedental.com

Dr. Cory Murray and Dr. Benjamin Lamarche provide dentistry for the whole family. They specialize in preventive, cosmetic, laser, and implant dentistry.

**Geriatric Center** at Maine Medical Center  
662-2847

66 Bramhall Street, Portland

mainehealth.org/maine-medicalcenter/services/  
geriatriccare

## Hospice

### **Hospice of Southern Maine**

289-3640

180 US Route 1, #1, Scarborough

hospiceofsouthernmaine.org

Affiliated with Gosnell Memorial Hospice House.

## Chronic Pain

### **Southern Maine Agency on Aging**

Managing Chronic Pain and Chronic Conditions

1-800-427-7411

136 US Route One, Scarborough

smaa.org/wellness/chronic-disease

### **The Chronic Pain Support Group of Southern Maine**

painsupportgroup.org

## Affordable Medication

**General recommendation:** It is always best to tell your doctor if you can't afford your medicines. There are many sources of free or low-cost prescription drugs, but eligibility often depends on your medication needs, financial status, etc. A cheaper drug might be prescribed, or help to obtain affordable medication might be offered by the practice itself or by referral to the prescription-assistance or medication-access program of a local hospital.

### **GoodRx**

goodrx.com

Helps you find the lowest prescription price.

# Substance Use Disorders



## Hotlines and Support Services

### Suicide Hotlines

- Maine Crisis Hotline: 1-888-568-1112
- Cumberland County: 774-4357
- Oxford County: 364-3030
- York County: 282-6136

### 211

DIAL 211 or go to [www.211maine.org](http://www.211maine.org) to be connected to people who can help find support and services to help with your substance use needs, questions and concerns.

### Alcoholics Anonymous

774-4335; 1-800-737-6237

[aa.org](http://aa.org)

Cornish meeting:

Monday 6 - 7 pm

Cornish UCC Church

39 Main Street, Cornish

289-6272

Kezar Falls meeting:

Tuesday 7:30 – 8:30 pm

Riverside Methodist Church

6 School Street, Porter

### Al-Anon

1-757-563-1600

[al-anon.org](http://al-anon.org)

For relatives and friends of alcoholics.

### Narcotics Anonymous

1-800-974-0062

[na.org](http://na.org)

### Maine Tobacco Helpline

1-800-207-1230

[thequitlink.com](http://thequitlink.com)

Hotline to get help with quitting smoking.

## Treatment and Referral Services

### Sacopee Valley Health Center

625-8126

70 Main Street, Porter

[svhc.org](http://svhc.org)

Offers substance-use disorder counseling. Provides medication-assisted treatment for opioid-use disorders, which involves counseling and a medical appointment.

### Across the River Counseling

625-3100

[acrosstherivercounseling.wordpress.com](http://acrosstherivercounseling.wordpress.com)

Outpatient treatment services and referrals.

### Crossroads for Women and Men

1-877-694-9062

[crossroadsme.org](http://crossroadsme.org)

Substance use disorders and mental health disorders.

### York County Shelters Program

324-1137

[yorkcountyshelterprograms.com](http://yorkcountyshelterprograms.com)

Addiction services include residential treatment.

### Catholic Charities

775-5671

11 Baxter Boulevard, 2nd Floor

[ccmaine.org](http://ccmaine.org)

Walk-in Services

Monday - Friday 8 am - 3 pm

Counseling available, fee on sliding scale.

Walk in or call for an appointment.

Bring insurance and/or income verification and photo ID.



# Mental Health Services

## Hotlines

### **Suicide Prevention Hotlines:**

- Maine Crisis Hotline: 1-888-568-1112
- Cumberland County: 774-4357
- Oxford County: 364-3030
- York County: 282-6136

### **Gamblers Anonymous**

1-855-2CALLGA (1-855-222-5442)

This is the Maine Hotline number.

### **Elder Abuse Hotline**

1-800-624-8404

Arranges services to protect dependent adults in danger of abuse or neglect or exploitation.

### **Domestic Violence Hotline**

1-800-834-4357

Information, crisis counseling, emotional support, and advocacy.

### **211**

Dial 211 or go to [www.211maine.org](http://www.211maine.org) to be connected to people who can help with your mental health needs, questions and concerns.

## Clinical Services

### **Sacopee Valley Health Center**

625-2186

70 Main Street, Porter

[svhc.org](http://svhc.org)

Clinical mental health services for adults and children on site, with referrals for services not currently available at the Health Center.

### **Across the River Counseling**

625-3100

19 River Road, Hiram

Clinical mental health services, available locally.

### **Maine Behavioral Healthcare**

1-844-292-0111

Both inpatient and outpatient clinical mental health services in the Greater Portland area.

### **Tri-County Mental Health**

1-888-304-4673

[tcmhs.org](http://tcmhs.org)

Covers York, Oxford, and Cumberland counties. Services are available in the Bridgton office.

### **Sexual Assault, Prevention and Response Services**

1-800-871-7741

[sapars.org](http://sapars.org)

Support groups offered for LGBTQ community.

### **Catholic Charities**

775-5671

11 Baxter Boulevard, 2nd Floor

[ccmaine.org](http://ccmaine.org)

Walk-in Services

Monday - Friday 8 am - 3 pm

Counseling available, fee on sliding scale.

Walk in or call for an appointment. Bring insurance and/or income verification and photo ID.

### **National Association for the Mentally Ill (NAMI)**

1-800-464-5767

[www.namimaine.org](http://www.namimaine.org)

Provides support, education, and advocacy for anyone with questions about mental health issues.

# End-of-Life Resources

## End-of-Life Doula

**INELDA** (International End of Life Doula Association)

[Inelda.org](http://Inelda.org)

Bringing deeper meaning to the dying.

An end-of-life doula provides support during the dying process.

**Molly “Bones” Nelson,  
End-of-Life Doula**

252-5720

[merrifieldswamp@hotmail.com](mailto:merrifieldswamp@hotmail.com)

Molly Nelson describes her service as follows:

“Dying is often treated as a medical emergency, but it’s one of the most important, most connected moments of our lives. I am here to help you create a Good Death. As an INELDA trained doula, I can help the dying person fully appreciate the richness of their life and its impact on others while dealing with any regrets, guilt or unfinished business. I am trained in picking up on signs and symptoms in the months and weeks before dying and those indicating imminent death as well as deep active listening and exploring meaning while inspiring legacy projects, and vigil plans.”

## Hospice

**Visiting Nurses Association**

1-800-757-3326

In-home hospice care.

**Hospice of Southern Maine**

1-866-621-7600

[hospiceofsouthernmaine.org](http://hospiceofsouthernmaine.org)

Care at the Gosnell Memorial Hospice House, at-home care, or long-term care and assisted-living facilities.

## Burial Options

***Grave Matters***

by Mark Harris

Simon & Schuster, New York: 2017

The book *Grave Matters: A Journey Through the Modern Funeral Industry to a Natural Way of Burial* follows families who found in “green burial” an alternative method of burial.

# Socializing

*Read the Shopping Guide!*  
*There are weekly listings*  
*and notices of events.*



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## **Community Café at the South Hiram Rescue Barn**

17 Allard Street (off Main Street/Route 160)  
Luncheon for Seniors (60+)  
2nd and 4th Tuesday at noon  
625-4057

## **Social Sacopee**

1st and 3rd Tuesdays  
9 am - 12 noon  
(207) 625-8126  
Sacopee Valley Health Center Meeting Room  
Come for activities, games, light snacks.

## **Steep Falls Country Church**

35 Main Street (Route 11), Steep Falls  
Meals every Wednesday 4:30 – 6 pm  
Randy and Cindy LaGasse: 710-3359  
Open to everyone every week at no charge.  
Boxes of food are available to take home.

## **Game Night at Cornish U.C.C.**

Check the *Shopping Guide* or call Ethel at  
637-2270 for more information.

## **Sacopee Valley Adult & Community Education**

sacopee.maineadulted.org  
625-3092

## **Newfield Library**

809-7014  
Tea Time at 3:00 pm Wednesday  
637 Water Street, Newfield

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# Continuing Education

## **Sacopec Valley Adult Education**

625-3092

[sacopee.maineadulted.org](http://sacopee.maineadulted.org)

Range of courses on a variety of topics - art, home care, computer skills, Medicare, etc.

## **Osher Lifelong Learning Institute (OLLI),**

### **University of Southern Maine**

780-4406

[usm.maine.edu/olli](http://usm.maine.edu/olli)

Low-cost courses for students 50 years and older at Portland campus.

## **Senior College at Bridgton**

[seniorcollegeatbridgton.org](http://seniorcollegeatbridgton.org)

Low-cost classes and workshops for age 50+.

## **The Shopping Guide**

[ywsg.com](http://ywsg.com)

Free weekly tabloid lists ongoing support groups, classes, libraries, and special events.

## **Reading**



*Being Mortal: Illness, Medicine and What Matters in the End*  
Atul Gawande

*Final Gifts: Understanding the Special Awareness, Needs and Communications of the Dying*  
Maggie Callanan

*At Peace: Choosing a Good Death After a Long Life*  
Sam Harrington (a Mainer)

## **Local Libraries**

*All public libraries lend books, DVDs and other materials for free, and most offer use of public computers.*

### **Soldiers Memorial Library**

625-4650

[soldiersmemlib1.wixsite.com](http://soldiersmemlib1.wixsite.com)

85 Main Street, Hiram

### **Brown Memorial Library**

787-3155

[brown.lib.me.us](http://brown.lib.me.us)

2 Norton Place, East Baldwin

### **Kezar Falls Library**

625-2424

1 Wadleigh Street, Parsonsfield

### **Bonney Memorial Library**

625-8083

[bonney.lib.me.us](http://bonney.lib.me.us)

36 Main Street, Cornish

### **Limerick Public Library**

793-8975

[limerickme.org/library.html](http://limerickme.org/library.html)

55 Washington Street, Limerick

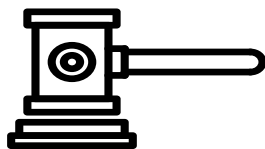
### **Newfield Library**

809-7014

[newfieldlibrary.weebly.com](http://newfieldlibrary.weebly.com)

637 Water Street, Newfield

# Legal Services & Advocacy



## **Maine Legal Services for the Elderly**

1-800-750-5353

[mainelse.org](http://mainelse.org)

Provides free legal advice regarding health care, health insurance, Medicare, MaineCare (Medicaid), Social Security and other public benefits, pension and retirement benefits, powers of attorney, consumer matters including creditor and bankruptcy problems, physical and financial abuse, guardianship defense and other issues to Maine's socially and economically needy elderly age 60 and over.

## **Pine Tree Legal**

784-1558 (Oxford County)

774-8211 (Cumberland and York counties)

[ptla.org](http://ptla.org)

Provide free civil legal assistance to low income Mainers: access to housing, food, income, safety, education, and healthcare.

## **LegalEase**

207-805-0055

[legal-ease.com](http://legal-ease.com)

South Portland

Walk-in full service law firm, extended hours.

## **Community Concepts** (Oxford County)

1-800-866-5588

[community-concepts.org/for-homeowners/](http://community-concepts.org/for-homeowners/)

[free-credit-foreclosure-counseling/](http://community-concepts.org/free-credit-foreclosure-counseling/)

Foreclosure prevention.

## **Domestic Violence and Sexual Assault**

### **Domestic Violence Hotline**

1-866-834-HELP

[MCEDV.org](http://MCEDV.org)

## **Sexual Assault Prevention and Response Services**

743-9777 (Oxford County)

24-hour Helpline: 1-800-871-7741

[sapars.org](http://sapars.org)

## **LGBTQ**

### **SAGE Maine**

809-7015

Hotline: 1-888-234-SAGE

[SAGEMaine.org](http://SAGEMaine.org)

Advocacy and services for LGBTQ elders.

## **Sexual Assault Prevention and Response Services**

743-9777

[sapars.org](http://sapars.org)

Support groups for LGBTQ community.

## **Across the River Counseling**

625-3100

[acrosstherivercounseling.wordpress.com](http://acrosstherivercounseling.wordpress.com)

19 River Road, Hiram

# Hotlines



## **211maine.org** or dial **211**

Contact for health and human services resources and referrals. Free and confidential to connect Maine people to local services. Available 24/7/365. Reach 211 via phone, text, email or online database.

## **Maine Crisis Hotline**

## **Maine Mental Health Crisis Hotline**

## **Maine Suicide Hotline**

1-888-568-1112

## **County Suicide Hotlines**

- Cumberland County: 774-4357
- Oxford County: 364-3030
- York County: 282-6136

## **Domestic Violence Hotline**

1-866-834-4357

[mcedv.org](http://mcedv.org)

Hotline to get help ending domestic abuse.

## **Adult Protective Services**

1-800-624-8404

Call to make a confidential report about abuse, neglect, exploitation, or unsafe conditions to the Office of Aging and Disability Services.

## **Sexual Assault Response Services of Southern Maine**

1-800-871-7741

## **LGBTQ Elders Advocacy Hotline**

1-888-234-SAGE / [SAGEMaine.org](http://SAGEMaine.org)

## **Drug overdose – Dial 911**

## **Drug Abuse Resources Helpline**

[drugabuse.com/usa/drug-abuse/maine](http://drugabuse.com/usa/drug-abuse/maine)

## **Maine Tobacco Helpline**

1-800-207-1230

## **Heating Assistance**

1-800-452-4668.

Check at your Town Office and/or contact MaineHousing at [mainehousing.org/programs-services/energy/liheap](http://mainehousing.org/programs-services/energy/liheap) or call 1-800-452-4668.