

# QUICK REFERENCE GUIDE

## For Greater Franklin County

### EMERGENCY/DISASTER ASSISTANCE

Emergency ..... Dial 9-1-1  
American Red Cross (24 HR)..... 729-6779  
Poison Control ..... 1-800-222-1222

### CHILD/ADULT PROTECTION DOMESTIC VIOLENCE/ SEXUAL ABUSE

DHHS Adult Protective Svcs ..... 1-800-624-8404  
DHHS Child Protective Svcs ..... 1-800-452-1999  
Safe Voices.....(helpline)..... 1-800-559-2927  
Safe Voices.....(office)..... 778-6107  
Sexual Assault Prevention and Response Services (helpline)..... 1-800-871-7741  
..... (office)..... 778-9522

### CHILD CARE/YOUTH RESOURCES

Child & Family Services DHHS. 1-877-680-5866  
Head Start..... 1-800-221-2221  
Franklin Cty. Children's Task Force... 778-6960  
Community Concepts,  
Christine Hufnagel..... 779-1529  
Western Maine Community Action... 645-3764  
DHHS Farmington District Office.... 778-8400

### CLOTHING/FOOD/ HOUSEWARES

SeniorsPlus (Meals on Wheels) .. 1-800-427-1241  
Franklin Cty. Children's Task Force... 778-6960  
United Methodist Economic Ministry... 678-2611  
Western Maine Community Action... 645-3764  
DHHS Farmington District Office.... 778-8400  
For a complete list of area food pantries visit:  
uwtva.org/get-help/area-food-pantries  
Car Seat Distribution Program (Healthy Community Coalition)..... 779-2435

### DISABILITY SERVICES

Alpha One ..... 1-800-640-7200  
Disability Rights Center ..... 1-800-452-1948  
IRIS (Services for the Blind) ..... 1-800-715-0097  
Maine Parent Federation ..... 1-800-870-7746  
ME Relay Service for Deaf ..... 7-1-1  
LEAP, Inc. .... 778-3443  
Work First, Inc. .... 778-3200  
Maine Growth Opportunities..... 645-7020  
Care and Comfort ..... 645-5304  
Office of Aging & Disabilities (DHHS) ... 778-8400

### EDUCATION

RSU 9..... 778-6571  
Rangeley Lakes..... 864-3311  
MSAD 58..... 639-2086  
Stratton..... 246-2283  
RSU 73..... 897-5719  
UMF..... 778-7293  
Adult Education  
Robyn Raymond RSU 73..... 897-6406  
Glen Kapiloff RSU 9  
RSU9/north..... 778-3460

### ELDER SERVICES

Agencies on Aging –All Areas 1-877-353-3771  
SeniorsPlus..... 1-800-427-1241  
Western Maine Community Action... 645-3764  
Senior Companion Program..... 743-6329  
Neighbors Calling Neighbors..... 864-4397 x4

Office of Aging & Disabilities (DHHS) .....  
..... 778-8400  
Longterm Care Ombudsman..... 621-1079

### EMPLOYMENT/TRAINING SERVICES

ASPIRE/JET ..... 778-8400  
Literacy Volunteers..... 500-3131  
Wilton Career Center..... 645-5800  
New Ventures, Maine..... 778-2757  
Central and Western Maine Workforce Development Board..... 576-7040

### GOVERNMENT

DHHS Farmington District Office..... 778-8400  
Town Office..... visit:  
uwtva.org/get-help/community-resource-guide-for-the-unemployed/government-resources

### HEALTH INFO/ADVOCACY

Consumers for Affordable Health.....  
1-800-965-7476  
HIV/STD/Hepatitis Info. (CDC).....  
..... 1-800-232-4636  
Tobacco Health Line..... 1-800-207-1230  
MaineCare ..... 1-800-977-6740  
Maine Rx Plus ..... 1-866-796-2463  
Western Maine Community Action... 645-3764  
FamilyWize (Prescription card)..... familywize.org  
DHHS Farmington District Office..... 778-8400  
Healthy Community Coalition..... 779-2926

### HOUSING AND HEATING ASSISTANCE

New Beginnings (Farmington)..... 778-6193  
Western Maine Homeless Outreach... 491-4100  
Rural Community Action Ministry... 524-5095  
United Methodist Economic Ministry... 678-2611  
Western Maine Community Action... 645-3764  
Community Concepts (Livermore/Liv. Falls)..... 1-800-866-5588  
Local Town Office (General Assistance) ... 211  
DHHS Farmington District Office.... 778-8400  
Searching for subsidized or market rate housing: mainehousingsearch.org/  
For a complete list of warming centers visit:  
uwtva.org/get-help/area-food-pantries

### HOSPITALS/MEDICAL SVS./WELLNESS

Annie's Bean Pole Medical Equipment Lending Library..... 778-0424  
Farmington Family Planning..... 778-4553  
Public Health Nurse ..... 1-877-763-0438  
Farmington Community Dental..... 779-2659  
Strong Area Dental Center..... 684-3045  
Strong Area Health Center..... 684-4010  
Rangeley Dental..... 864-3400  
Rangeley Family Medicine..... 864-3303  
Rangeley Health and Wellness... 864-4397 x4  
Franklin Memorial Hospital..... 778-6031  
Mt. Abram Health Center..... 265-4555  
Healthy Community Coalition..... 779-2926  
Western Maine Family Health Ctr... 897-4345  
Androscoggin Valley Medical Arts Ctr.....  
..... 897-6601  
NorthStar Ambulance Services..... 911

Internal Revenue Service..... 1-800-829-1040  
Lawyer Info & Referral Service.....  
..... 1-800-860-1460  
Legal Services for the Elderly 1-800-750-5353  
ME Volunteer Lawyers Project.....  
1-800-442-4293.....  
Money Mgmt. International .... 1-866-889-9347  
Pine Tree Legal Assistance ..... 622-4731  
Social Security Administration 1-800-772-1213  
Tax Assistance ..... Dial 2-1-1  
WMCASH Coalition Free Tax Prep... 778-7954  
New Ventures, Maine ..... 778-2757

### MENTAL HEALTH

Maine Psychological Assoc ... 1-800-287-5065  
Mental Health Crisis Number .1-888-568-1112  
Nat'l. Alliance on Mental Illness (MAINE).....  
..... 1-800-464-5767  
Support Groups ..... Dial 2-1-1  
Evergreen Behavioral Services..... 779-2398  
Care and Comfort..... 645-5304  
Tri-County Mental Health Services... 778-4679  
WARM Line..... 866-771-9276  
Assistance Plus..... 1-800-781-0070  
MAS Home Care of Maine..... 778-7070  
Kennebec Behavioral Services.....  
..... 1-888-322-2136  
Western Maine Behavioral Health..... (207) 500-1927

### MENTAL HEALTH CRISIS? CALL 1-888-568-1112

### PARENTING

G.E.A.R. Parent Network..... 1-800-264-9224  
Franklin County Children's Task Force..... 778-6960

### SUBSTANCE ABUSE/RECOVERY

Addiction Resource Center ... 1-800-244-3805  
Al-Anon-Statewide ..... 1-800-498-1844  
Alcoholics Anonymous..... 1-800-737-6237  
Rehab Support Services ..... 645-5304  
Narcotics Anonymous ..... 1-800-974-0062  
Evergreen Behavioral Services ..... 778-0035  
Tri-County Mental Health Services... 778-3556  
Wilson Stream Family Practice..... 778-9531

### TRANSPORTATION

LogistiCare for MaineCare .... 1-855-608-5180  
Western Maine Transportation..... 333-6972  
Community Concepts, Inc..... 645-9512  
Farmington Taxi Service..... 500-3512

### UTILITIES

Central Maine Power..... 1-800-750-4000  
Public Utilities Commission..... 287-3831



**NEED MORE HELP?**  
Call 211  
or Visit [211maine.org](http://211maine.org)  
ANY TIME

IT'S FREE AND CONFIDENTIAL

Additional resources include:



United Way  
of the Tri-Valley Area

218 Fairbanks Road  
Farmington, ME 04938  
207-778-5048

Visit the **GET HELP** section  
online at [www.uwtva.org](http://www.uwtva.org)



FIND LOCAL RESOURCES

Healthy Community Coalition  
105 Mt. Blue Circle, Suite 1  
Farmington, ME 04938  
207-779-2435

Visit HCC online at  
[www.fchn/hcc](http://www.fchn/hcc)

This list is a place to start.  
To access more than 8,000  
resources visit 211.

Resources constantly change.  
Please help us keep this list  
and 211 up to date.  
Contact [director@uwtva.org](mailto:director@uwtva.org)  
with updates.