

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, 779-1529
Western Maine Community Action...645-3764
DHHS Farmington District Office... 778-8400
Car Seat Distribution Program (Healthy Community Coalition).....779-2435

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:
the Get Help section at uwtva.org

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
RSU 73.....897-6406
RSU 9/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
Adult Education
RSU 73.....897-6406
RSU 9/north.....778-3460
Center for Entrepreneurial Studies...779-1779

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
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/

HOSPITALS/MEDICAL SVS./WELLNESS

Annie's Bean Pole Medical Equipment Lending Library, Old South Church, Farmington..... 778-0424
Farmington Family Planning 778-4553
Public Health Nurse1-877-763-0438
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
The King's Daughters Medical Library.....
.....897-3625

LAW ENFORCEMENT

Probation Officer.....441-0696
District Attorney.....778-5890

LEGAL/MONEY MANAGEMENT

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 Assistance622-4731
Social Security Administration 1-800-772-1213
Tax Assistance..... Dial 2-1-1
WMCASH Coalition Free Tax Prep...778-7954
New Ventures, Maine778-2757

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) 645-2913

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 Services778-0035
Tri-County Mental Health Services...778-3556
Wilson Stream Family Practice..... 778-9531
Groups Recover Together.....560-3422

TRANSPORTATION

LogistiCare for MaineCare 1-855-608-5180
Western Maine Transportation..... 333-6972
Community Concepts, Inc..... 645-9512
Uber is available in western Maine.
Visit: www.Uber.com

UTILITIES

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



NEED MORE HELP?
Call 211
or Visit 211maine.org
ANY TIME

You can also get help by
texting your zip code
to 898-211

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

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
with updates.