

HEALTH SERVICES

Penobscot Community Health Care

Medical, Dental, Mental Health, Physical Therapy,
Pharmacy, Pediatrics, & Specialty Services.
Multiple locations in the greater Bangor area.
Call for details. Tel: 945-5247

Penquis CAP Health Services & Family Planning

Women's health services, education, counseling,
health screenings & referrals.

262 Harlow St., Bangor Tel: 973-3500
PO Box 45, Dexter Tel: 924-7383
115 Main St., Lincoln Tel: 794-3313
24 Balsam Dr., Millinocket Tel: 723-4994

Bangor Health & Community Services Department

General assistance, public health, immunization clinic,
STD Clinic & WIC Nutrition Program.
103 Texas Ave., Bangor Tel: 992-4530

GENERAL ASSISTANCE:

Maine 2-1-1 Directory

Tel: Dial 211 or go to www.211maine.org

Homeless Crisis Hotline

Tel: 1-800-438-3890

Shaw House Assistance to homeless youths

136 Union St., Bangor Tel: 941-2882

Bangor Area Homeless Shelter

263 Main St., Bangor Tel: 947-0092

Maine State Housing Authority

Augusta, Tel: 1-800-452-4668

US Housing & Urban Development

Rental assistance, homeless assistance, HOME grants,
lending information & fair housing enforcement.

TRANSPORTATION:

BAT Community Connector

481 Main Street, Bangor Tel: 992-4670

Safe & Sound Youth Transportation

Brewer, ME Tel: 989-4200

The Lynx, Penquis CAP

26 Harlow Street, Bangor Tel: 973-3695



HOTLINES

- Al-Anon Anonymous 1-800-425-2666
- Alcoholics Anonymous 1-800-737-6237
- Maine Alzheimer's Association 1-800-272-3900
24 hour helpline, Statewide
- Suspected Child Abuse or Neglect 1-800-452-1999
TTY 1-800-963-9490
- Crisis Intervention, adults 1-800-463-6910
24 hour phone help, emergency, Info and referral
- Crisis Intervention, families/children 1-800-499-9130
And Youth Northeast Crisis Services,
Phone Help, emergency info and referral
- Spruce Run/Domestic Violence 1-800-863-9909
- Food Stamp Hotline 1-800-452-4643
- Infoline Emergency 1-800-204-2803
- Mental Health Crisis/Substance Abuse 1-888-568-1112
24 hour hotline
- Mental Health, Warm Line 1-800-490-8748
A non-crisis phone line for persons with
Mental illness and their families
- Narcotics Anonymous 1-800-974-0062
- Poison Control Center 1-800-442-6305
- Runaway National Switchboard 1-800-621-4000
- Sexual Assault/Rape Response 1-800-310-0000

UTILITIES

Public Utilities Commission

18 State House Station, Augusta

Tel: 1-800-452-4699

Emergency Assistance Program—DHS

396 Griffin Rd., Bangor Tel: 1-800-432-7825

Fuel Assistance & Utilities Discount- Penquis CAP

262 Harlow St., Bangor Tel: 973-3630



Community Resource Guide



Penobscot Community Health Care

103 Maine Avenue

Bangor, ME 04401

Tel: (207) 992-9200

Because We All Deserve
Quality Health Care
Every One. Every Age. Every Day

CHILD & FAMILY SERVICES

Penquis CAP Head Start

A comprehensive early childhood development program with educational, medical, dental, nutritional, social service and parenting components. For children ages 3-5 at sites in Penobscot and Piscataquis Counties. 262 Harlow St., Bangor, Tel: 973-3500

YMCA

472 Stillwater Ave. Old Town Tel: 827-6111
17 Second St., Bangor, Tel: 941-2808
127 Hammond St., Bangor, Tel: 941-2815

Parents Are Teachers, Too

Provides education and support to first-time parents to empower them to give their children the best possible start. Offers home visits and group activities. 262 Harlow St. Bangor, Tel: 1-888-389-3610

Penquis Community Action Program

262 Harlow St., Bangor, Tel: 973-3500
119 Main St., Lincoln, Tel: 794-3093

Penquis Resource Development Ctr.

Child care & child care subsidy.
262 Harlow St., Bangor, Tel: 973-3500

Child Development Services of Penobscot County

Free developmental screening for children birth to five, self referrals welcome, case management and referral. 376 Harlow St., Bangor, Tel: 947-8493

Bangor Health & Community Services Department

Free Public Health Nurse home visits for Mom's and babies (prenatal until 5 years) with childbirth education, fetal heart sounds and health checks, and infant/child development and nutrition education. Also offering free, in-home asthma education called "open airways at home" available in the Penquis health district. 103 Texas Ave., Bangor, Tel: 992-4550

Abnaki Girl Scout Council

156 N. Main St., Brewer, Tel: 1-800-464-3858

Department of Human Services

396 Griffin Rd., Bangor, Tel: 941-4360
PO Box 400, Lincoln, Tel: 794-0253

Downeast Big Brothers & Big Sisters

1066 Kenduskeag Ave., Bangor, Tel: 941-2862

Wings for Children & Families

900 Hammond St., Bangor, Tel: 941-2988

Catholic Charities of Maine

1066 Kenduskeag Ave, Bangor, ME 04401
Tel: 941-2855

Care Development of Maine

Therapeutic foster care and adoption services.
227 Main St., Lincoln, Tel: 794-0285
970 Illinois Ave., Bangor, Tel: 945-4240

Family Crisis Services

Provides workshops on teen dating violence to area high schools and youth groups through its Young Adult Abuse Prevention Program. Also, offers residential shelter for battered women and their children. Tel: 1-800-537-6066

KidsPeace National Centers for Kids in Crisis

Residential, day treatment, outpatient services, emergency shelter, sexual abuse treatment, suicide prevention, foster family programs, adoption, and counseling. New England. Tel: 1-800-257-3223

Community Health & Counseling Services

Family therapy services, psychiatry adults and children, foster care, home-based services, and case management
PO Box 208, Lincoln, Tel: 794-3554
42 Cedar St., Bangor, Tel: 947-0366

MENTAL HEALTH & SUBSTANCE ABUSE SERVICES

Mental Health Crisis 24 Hour Hotline

Tel: 1-888-568-1112

Community Health & Counseling Services

Family therapy services, psychiatry for adults & children, foster-care, homes-based services, and case management. PO Box 208, Lincoln, Tel: 794-3554
42 Cedar Street, Bangor, Tel: 947-0366

Maine Mental Health Connections

150 Union Street, Bangor, Tel: 941-2907

Northeast Occupational Exchange

Provides counseling to individuals with mental health and/or substance abuse issues.
29 Franklin St., Bangor, Tel: 942-3816
PO Box 407, Lincoln, Tel: 794-9073

Mental Health, Mental Retardation & Substance Abuse Services

Tel: 1-888-568-8741

Acadia Hospital

Inpatient & Outpatient mental health care and chemical dependency services.
268 Stillwater Ave., Bangor, Tel: 973-6100

Dorothea Dix Psychiatric Center

Inpatient/Outpatient mental health services
656 State St., Bangor, Tel: 941-4000

Charlotte White Center

Child & Family Services and mental health services.
629 Main St., Bangor, Tel: 947-1410

Alcoholics Anonymous

Tel: 942-0346 or 1-800-737-6237

The Women's Project

Substance abuse education and awareness, identification of resources, advocacy, and support for women. Also, provides referral services for pregnant women facing alcohol and drug issues. Tel: 1-800-698-4959