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: 729-4994

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

HOTLINES

- Al-Anon Anonymous 1-800-425-2666
- Alcoholics Anonymous 1-800-737-6237
- Maine Alzheimer’s Association 24 hour helpline, Statewide 1-800-272-3900
- Suspected Child Abuse or Neglect TTY 1-800-452-1999
- Crisis Intervention, adults 24 hour phone help, emergency, Info and referral 1-800-463-6910
- 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
- Inf line Emergency 1-800-204-2803
- Mental Health Crisis/Substance Abuse 24 hour hotline 1-888-568-1112
- 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

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

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

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 Grillin Rd., Bangor, Tel: 941-4360
PO Box 400, Lincoln, Tel: 979-0253

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