



Student Resources

Referral Information for Student and Employee Assistance

Bangor Campus (Main School Location)

<p>Bangor Area Homeless Shelter</p> <ul style="list-style-type: none"> Emergency Shelter with a vision of moving all guests into stable housing in 30 days or less 	<p>263 Main St, Bangor, ME 04401 (P) 207-947-0092 Email: info@bangorareashelter.org Bangorareashelter.org</p>
<p>PCHC- Hope House and Living Center</p> <ul style="list-style-type: none"> Emergency low barrier emergency shelter for adults Transitional Housing to help residents move towards independent living Health Center offering regular medical care, sick care, lab services, psychiatric med management, therapy for individuals and groups and care management services. 	<p>179 Corporate Drive, Bangor, ME 04401 (P): 207-217-6713 HopeHouse.pchc.com</p>
<p>Wellspring</p> <ul style="list-style-type: none"> Residential and outpatient Substance Abuse Treatment Services 	<p>255 Hammond St, Bangor, ME 04401 (P) 207-941-1612 Wellspringmaine.com</p>
<p>BARN (Bangor Area Recovery Network)</p> <ul style="list-style-type: none"> Provides recovery resource and support to those in Eastern and Central Maine 	<p>142 Center St, Brewer, ME 04412 (P) 207-561-9444 Bangorrecovery.org</p>
<p>211- Maine</p> <ul style="list-style-type: none"> Offers resources, helpline, and referral services for variety of Health and Human Services programs throughout the state 	<p>(P) 2-1-1 211maine.org</p>
<p>Good Shephard Food Bank</p> <ul style="list-style-type: none"> Mission to eliminate hunger in Maine by improving access to nutritious food 	<p>11 Penobscot Meadow Dr, Hampden, ME 04444 (P) 207-989-4672 Gsfb.org</p>
<p>The Salvation Army</p> <ul style="list-style-type: none"> Christian faith-based human services committed to serving the whole person, body, mind and spirit Offering services to include: soup kitchen, food pantry, holiday assistance, youth programs, and direct assistance 	<p>65 South Park Street, Bangor, ME 04401 (P) 207-941-2990 Nne.salvationarmy.org/bangor</p>



Wilton Satellite Location

<p>MAS Community Health</p> <ul style="list-style-type: none"> Offering behavioral and mental health services for both children and adults. MAS Community Health envisions a statewide presence focused on helping individuals and families build natural supports to enhance life and a positive future. We provide innovative behavioral Health therapies and exceptional service by listening and adapting to the needs we see in the Maine communities we proudly serve. 	<p>284 Main St. Suite 210, Wilton, ME 04294 (P) 207-645-7070 mascommunityhealth.com</p>
<p>Western Maine Community Action Program</p> <ul style="list-style-type: none"> Social service agency that has been providing assistance to low- and mid-income families living in the western mountain region of Maine for over 50 years. Services include: Energy & Utilities, Cell Phone Assistance, Health& Nutrition, and Housing Service 	<p>20 Church St., East Wilton, ME 04234 (P) 207-645-3764 wmca.org</p>
<p>Safe Voices</p> <ul style="list-style-type: none"> The Mission of Safe Voices is to support and empower those affected by Domestic Violence and engage the community in creating social change in Androscoggin, Oxford and Franklin counties. 	<p>200 Livermore Falls Rd., Farmington, ME 04938 (P) 207-778-6107 safevoices.org 24/7 Hotline 1-800-559-2927</p>
<p>Care and Share Food Closet</p> <ul style="list-style-type: none"> Serves – residents from the towns of Farmington, West Farmington, Farmington Falls, New Sharon, Chesterville, Temple, New Vineyard, New Portland and North New Portland who meet federal eligibility guidelines for food insecurity. Provides – a 4-5 day supply of food per household once a month. 	<p>508 Fairbanks Rd., Farmington, ME 04938 (P) 207-778-0508 faemchurches.org/care-and-share-food-closet</p>
<p>United Way of the Tir-Valley Area</p> <ul style="list-style-type: none"> United Way of the Tri-Valley Area seeks solutions to meet immediate basic human needs, and create long lasting positive change. 	<p>218 Fairbanks Rd., Farmington, ME 04938 (P) 207-778-5048 uwtva.org</p>
<p>Rumford Family Shelter</p>	<p>346 Pine St., Rumford, ME 04276 (P) 207-364-4474</p>



<p>Rumford Group Homes</p> <ul style="list-style-type: none"> • RGH is a community-based non-profit social service agency. We serve abused, neglected, and homeless youth and their families from throughout the state of Maine with an emphasis on the tri-county region of Oxford, Androscoggin, and Franklin Counties. Founded by locals with a sincere interest in the welfare of children at risk, RGH has continued to grow and respond to the changing needs of the State of Maine and our local community. • Services include: Housing, Emergency Shelters, Children & Adolescents, and Adult Case Management 	<p>201 Knox St., Rumford, ME 04276 (P) 207-364-3551 rumfordgrouphomes.org</p>
<p>211-Maine</p> <ul style="list-style-type: none"> • Offers resources, helpline, and referral services for variety of Health and Human Services programs throughout the state. 	<p>(P) 2-1-1 211maine.org</p>
<p>Maine Behavioral Healthcare – Farmington</p> <ul style="list-style-type: none"> • Provides case management services to the Farmington community as well as emergency department crisis assessment services at Franklin Memorial Hospital. 	<p>131 Franklin Health Commons #A, Farmington, ME 04938 (P) 207-779-2398 mainehealth.org/Maine-Behavioral-Healthcare/Hospitals-Locations/Farmington</p>

Self-Help and Informational Resources

<p>AA - Alcoholics Anonymous</p>	<p>24 Hour Helpline 207-479-1779</p>
<p>NA – Narcotics Anonymous</p>	<p>1-800-974-0062 Namine.org</p>
<p>AI – Anon Family Groups</p>	<p>1-800-498-1844 Email: als@maineafg.org Maineafg.org</p>
<p>Maine Crisis Line</p>	<p>711 1-888-568-1112 Maine.gov/suicide</p>
<p>Maine Hotlines/Crisis Numbers</p>	<p>Hotlines/Crisis Numbers</p>
<p>National Institute on Drug Abuse</p>	<p>drugabuse.gov</p>
<p>SAMHSA – Substance Abuse and Mental Health Services Administration</p>	<p>800-662-4357 (24-hour Helpline) samhsa.gov</p>
<p>Suicide & Crisis Lifeline (Formerly called National Suicide Prevention Hotline)</p>	<p>988 (call or text) 1-800-273-TALK (8255) 988lifeline.org</p>