



# CUMBERLAND DISTRICT MENTAL AND BEHAVIORAL HEALTH SERVICES RESOURCE GUIDE

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Baldwin  
Bridgton  
Brunswick  
Cape Elizabeth  
Casco  
Chebeague Island  
Cumberland  
Falmouth  
Freeport  
Frye Island  
Gorham  
Grey  
Harpswell  
Harrison  
Long Island  
Naples  
New Gloucester  
North Yarmouth  
Portland  
Pownal  
Raymond  
Scarborough  
Sebago  
South Portland  
Standish  
Westbrook  
Windham  
Yarmouth

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This resource guide was prepared by Maine CDC District Public Health staff, in order to facilitate conversations concerning better access to mental and behavioral healthcare in our area but does not represent all available behavioral and mental health services.

This document does not serve as an endorsement of any of the services or providers herein listed.

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## SELECTED CUMBERLAND COUNTY HEALTH FACTS

The following are key health facts for Cumberland County, Maine:

- **8.0%** of all Cumberland County residents are uninsured (*Shared CHNA, 2022*)
- **9.4%** of residents experience cost barriers to health (*Shared CHNA, 2018*)
- **12.6%** of residents lost 14 or more days due to poor mental health (*Shared CHNA, 2022*)
- **15.1%** of residents have 3 or more chronic conditions (*Shared CHNA, 2022*)
- **19.8%** of middle school youth answered “yes” to the question, “have you ever seriously thought about killing yourself?” (*Shared CHNA, 2022*)
- **21.3%** of high school youth in Cumberland County have reported 3 or more adverse childhood experiences (ACEs) (*Shared CHNA, 2022*)
- **32.1%** of high school youth, and **24.8%** of middle school youth, said they have felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities (*Shared CHNA, 2022*)



**Sources:** *Maine Shared Community Health Needs Assessment (Shared CHNA), Cumberland County Health Profile, 2022*

## EMERGENCY AND CRISIS NUMBERS

Always call **9-1-1** if you are experiencing an emergency.

**Crisis Help: Available 24 Hours a Day, 7 Days a Week.**  
**If you are concerned about yourself or about somebody else, please call**  
**The Maine Crisis Hotline:**

**1-888-568-1112**

If you are not in Maine, please call the National Suicide Prevention Lifeline:  
**1-800-273-TALK (8255)**

Chat with a crisis counselor online at Lifeline Crisis Chat:  
[www.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx](http://www.suicidepreventionlifeline.org/gethelp/lifelinechat.aspx)

The agencies listed below provide the following crisis response services:  
Mobile crisis outreach; short-term crisis residential services stabilization;  
telephone consultation (support and referral); assessment; short-term, solution-  
focused counseling:

**Adult Services:** Opportunity Alliance, 1-207-774-HELP (4357)  
<http://www.opportunityalliance.org/emergency-services/>

**Child Services:** Sweetser, 1-800-434-3000  
<http://www.sweetser.org/>

Other 24-hour resources for related issues:

- DHHS Child Abuse and Neglect 1-800-452-1999 (TTY Maine relay 711)
- Statewide Domestic Violence Helpline 1-866-834-HELP (4357)
- State Police 1-800-432-7381 or 911 (TTY compatible)
- Infoline 2-1-1 offers referrals for health and human services.
- Northern New England Poison Center 1-800-222-1222 (TTY Portland only 871-3939)
- Confidential Sexual Assault Crisis and Support Line 1-800-871-7741 (TTY 1-888-458-5599)
- Intentional Warm Line (24-hour, non-crisis support): 1-866-771-9276

Additional Online Resources from the State of Maine:

<https://www.maine.gov/dhhs/hotlines.htm>

<https://www.maine.gov/suicide/docs/crisis-response-programs-08-08-16.pdf>



## SERVICES LISTED ALPHABETICALLY

- **Alternative Wellness Services**

640 Brighton Ave, Portland, ME 04102. Tel: 207-494-8010

AWS is a high-quality behavioral health provider for adults, teens, children, couples, and families. Our clients seek our services to make a change in their life. They explore ways they can relieve the current discomfort, adjust to an unexpected change, and improve their quality of life. <https://alternativewellnessservices.com/>

- **Behavioral Health Resources of Maine**

48 Free Street, Mezzanine Level, Portland, ME 04101. Tel: 207-808-1384

Serves the psychiatric, mental health, and substance dependence treatment needs of persons in southern and central Maine. BHRM is committed to continually re-evaluating and improving these services to meet the complex challenges facing the persons we serve. <https://www.bhrme.com/>

- **Camp Ketcha**

336 Black Point Road, Scarborough, ME 04074. Tel: 207-883-8977

Camp Ketcha is a year-round charitable non-profit organization serving the southern Maine community with programs in youth development, family enrichment and summer day camping. Our 107 acres of meadows, forests, streams and wetlands are essential to our mission. We strive to get children, youth and families outdoors to appreciate what nature has to offer. <https://campketcha.org/>

- **CAP Quality Care, Inc.**

1 Delta Drive, Suite A, Westbrook, ME 04092. Tel: 207-209-1505

Heroin and opioid medication (pain pill) addiction can be quickly controlled and effectively treated at The Center for Addictive Problems (CAP) clinics. Each patient gets the support, medication, and structure which are needed for recovery.

<http://www.capqualitycare.com/>



- **Casco Bay Community Support Services**

2 Forest Circle, Portland, ME 04103. Tel: 207-899-8648

We are committed to supporting people in recovery with achieving their life goals. Participants will be supported in their efforts to make informed, healthy choices that promote physical and emotional well-being. Offering participants stress management skills, problem solving skills, and community involvement.

<https://cascobaycommunitysupportservices.com/>

- **Catholic Charities of Maine**

307 Congress Street, Portland, ME 04101. Tel: 207-781-8550

Refugee and Immigration Services, 80 Sherman Street, Portland, ME 04101

Counseling Services, 11 Baxter Boulevard, Portland, ME 04101

Since 1966, Catholic Charities has been bringing help and hope to Maine’s most vulnerable men, women and children regardless of faiths. We believe that by sharing our RICHES — Respect, Integrity, Compassion, Hospitality, Excellence, and Stewardship; we create more enriching and fulfilling lives for us all. <https://www.ccmaine.org/>

- **The Center for Creative Healing**

142 High Street, Suite 313, Portland, ME 04101. Tel: 207-699-4325

CCH clinicians help people facing symptoms from a wide array of diagnoses, including depression and anxiety, bipolar disorder, and PTSD and other trauma related issues. We also help people troubled by grief, women’s issues, postpartum issues, transgender issues, relationship challenges, codependence, health challenges, substance abuse challenges, poor self-esteem, alienation, and general stuckness.

<http://thecenterforcreativehealing.com/>

- **Choices are for Everyone Inc.**

90 Bridge Street, Westbrook, ME, 04092 Tel: (207) 510-6060

Choices Are For Everyone, Inc. is a nonprofit agency offering home supports and community supports to children and adults with intellectual disabilities and autism. We sincerely believe that each person we serve has the right to live their life without restrictions, constraints, and controls being placed upon them. Every person should be offered a wide variety of choices in life and that is what we strive for on a daily basis.

<http://www.cafeinc.org/index.html>



- **Christopher Aaron Counseling Center, LLC**

26 Main Street, Gray, ME 04039. Tel: 207-657-7700

This agency is committed to the knowledge that everyone is the expert in their own lives. We are committed to welcome, identify, engage, and serve individuals with co-occurring substance abuse and mental health disorders. Our programs provide services that incorporate understanding of substance abuse problems as they relate to and affect the mental health disorder. We strive to provide individuals with a better understanding and self-awareness, increase self-sufficiency and develop a greater independence. Home and Community Treatment (HCT) for Children is provided through MaineCare only. <http://www.christopheraaron.org/>

- **The Collaborative School**

41 Pineland Drive, Suite 200, New Gloucester, ME 04260. Tel: 207-688-2253

The Collaborative School is a division of The Maine Special Education Mental Health Collaborative and is a Special Purpose Private School licensed by the Maine Department of Education. We provide our students with individualized educational and therapeutic programming to support healing, learning, and growth. Staff work within a developmental framework that is sensitive to the needs of children with attachment, trauma, autistic spectrum, and other mental health disorders.

<http://www.collaborativeschool.org>

- **Commonspace**

103 India Street, Portland, ME 04101. Tel: 207-773-1956

A safe and welcoming community for adults who struggle with mental illness and other life challenges. Open since 1982, we have grown into Maine's largest peer community. The Peer Center is a low barrier, recovery-focused place that is truly a community within a community. We offer a range of groups, activities, and supports. We also provide a hot delicious lunch served five days a week at our Driscoll's Diner. We are also in the East Wing of the Mercy Hospital emergency room every evening from 5:00 PM to 11:00 PM. <https://www.commonspacemaine.org/>

- **Community Health and Counseling Services**

201 Main Street, Westbrook, ME 04092. Tel: 207-854-0122

Community Health and Counseling Services (CHCS) provides a wide range of community-based mental health services for children, adolescents and adults. Our caring staff will conduct assessments with you to determine your needs and strengths and develop a treatment plan that is tailored to your specific those needs and goals you want to achieve. <https://www.chcs-me.org/>



• **Connections for Kids**

100 Gannett Drive, South Portland, ME 04106. Tel: 207-854-1030

Connections for Kids is a fully licensed mental health agency serving children and families. We offer an array of comprehensive services with quality and compassion. We specialize in developing helpful relationships, building client strengths, and using treatment and education that works. <http://connectionsforkids.org/>

• **Creative Work Systems**

10 Speirs Street, Westbrook, ME 04092. Tel: 207-879-1140

Creative Work Systems envisions a world without barriers. We seek to expand opportunities for people with disabilities to ensure that all individuals have the means to pursue their potential, contribute to their communities, and be treated with dignity and respect. <http://creativeworksystems.com/>

• **Crossroads for Women**

71 US Route One, Suite E, Scarborough, ME 04074. Tel: 877-978-1667

Crossroads offers three Residential Programs in a peaceful and safe environment for women in recovery from behavioral, and mental health disorders. Our residential programs are exclusively for women and addresses the unique challenges they face in recovery such as self-esteem, relationships, sexuality and spirituality.

<https://www.crossroadsme.org/>

• **Danzig Counseling Services, PA**

936 Roosevelt Trail, Suite 14, Windham, ME 04062. Tel: 207-893-0000

Therapy nourishes your body, mind, and spirit. At DANZIG Counseling Services, you are free to be yourself, discover yourself, and improve yourself. You can speak your truth and be heard. You can change unhelpful patterns of behavior. You can explore your goals and dreams. You can fulfill your aspirations for personal growth and development. <http://www.danzigcounseling.com/>



• **Day One**

25 Main Street, South Portland, ME 04106. Tel: 207-767-0991

As Maine's only agency whose primary focus is adolescent substance use and mental health concerns, we are uniquely positioned to intervene at an early age in a young person's development so that they can get their lives back on track. <https://day-one.org/>

• **Easter Seals**

125 Presumpscot Street, Portland, ME 04103. Tel: 207-828-0754

Our mission is to spread help, hope & answers. Easter Seals provides exceptional services to ensure that all people with disabilities or special needs and their families have equal opportunities to live, learn, work, and play in their communities.

<http://www.easterseals.com/maine/>

• **Gateway Community Services, LLC**

501 Forest Ave Portland, ME 04101. Tel: 207-536-1590

Gateway Community Services, (Gateway) was founded to help improve the mental health status of people in Maine, with a specialized concentration of practice for new Mainers who have recently immigrated to the United States. Gateway was formed to support and empower all people who are suffering from mental anguish, trauma, emotional distress, and other evidence of social instability

<http://www.gatewaycommunityservice.org>

• **GoodWill Industries of Northern New England**

34 Hutcherson Drive, Gorham, ME 04038. Tel: 207-774-6323

Through our work, we strive to increase an individual's independence, productivity, fulfillment and inclusion in the community, while maintaining his or her best health and welfare. We do this with individualized, person-centered support plans for people with intellectual disabilities throughout Maine, as we have for more than 30 years.

<https://goodwillnne.org/>



• **Graham Behavioral Services**

175 Lancaster Street, Suite 208S, Portland, ME 04101. Tel: 207-626-0003 Have you or a loved one been diagnosed with a mental illness or an intellectual disability? Graham Behavioral Services Inc. provides quality mental health treatments and developmental services to help you live your best life. We have no wait list for any services we offer - Seek mental health treatment & developmental services throughout central and southern Maine. <http://gbsmaine.com/>

• **Greater Portland Health**

211 Cumberland Avenue, Portland, ME 04101. Tel: 207-874-2141

180 Park Avenue, Portland, ME 04102. Tel: 207-874-2141

63 Preble Street, Portland, ME 04101. Tel: 207-874-2141

59 Riverton Drive, Portland, ME 04103. Tel: 207-874-2141

100 Brick Hill Avenue, South Portland, ME 04106. Tel: 207-874-2141

School based health centers located at Portland High School, Deering High School, King Middle School, and Casco Bay High School.

Greater Portland Health is a federally qualified health center which provides high quality medical, behavioral, and dental health that is accessible and affordable to all in the community. We accept all types of insurance (private, Medicare, MaineCare) and if you don't have insurance, we offer a sliding-scale fee based on income. We offer primary care, chronic disease management, health education, substance abuse counseling, mental health counseling, financial counseling and more. We are currently accepting new patients. <http://www.greaterportlandhealth.org/>

• **Independence Association**

65 Union Street, Brunswick, ME 04011. Tel: 207-725-4371

Independence Association works to open new doors, push boundaries and create opportunities that encourage inclusivity and equal opportunity while celebrating every individual's ability. <https://www.independenceassociation.org/>

• **LearningWorks**

181 Brackett Street, Portland, ME 04102. Tel: 207-775-0105

LearningWorks reimagines learning through innovative programs that help children, adults, and families realize their potential and build thriving communities. Our primary goal is to support academic and personal success for our neighbors who lack resources and/or fall outside traditional educational structures.

<https://www.learningworks.me/>

• **Maine Association for New Americans**

1311 Washington Ave, Portland, ME, 04103 Tel: 207-387-0749

Immigrant-led organization supporting New Americans, focused on mental health,

including individual and communal trauma; peer support program; transportation to non-emergency medical appointments and other basic needs; mentoring for friendship and integration. <http://www.mana-maine.org>

- **Maine Behavioral Healthcare**

11 Medical Center Drive, Brunswick, ME 04011. Tel: 207-373-9417

165 Lancaster Street, Portland, ME 04101. Tel: 207-874-1030. TTY: 207-874-1043

78 Atlantic Place, South Portland, ME 04106. Tel: 207-842-7700

236 Gannett Drive, South Portland, ME 04106. Tel: 207-661-6725

We are committed to creating a seamless system of behavioral healthcare across Maine, coordinating hospital psychiatric care with community-based treatment services, and better access to medical care through integration with primary care services. Alternate Phone: 1-844-292-0111. To learn more about Deaf Counseling Services at the Lancaster Street, Portland location, contact Kristine Gile, Program Supervisor, 207-874-1030. <https://mainehealth.org/maine-behavioral-healthcare>

- **Maine Center for Grieving Children**

555 Forest Avenue, Portland, ME 04101. Tel: 207-775-5216

Where families find hope and love. Offering services for free, for as long as people need them, the Center's mission is to provide loving support that encourages the safe expression of grief and loss and fosters each individual's resilience and emotional well-being. The Center provides programs and services around bereavement, serious illnesses, crisis support, and intercultural support. <http://www.cgcmaine.org/>

- **Maine Medical Center**

66 Bramhall Street, Portland, ME 04102. Tel: 207-661-7001

McGeachey Hall, 216 Vaughan Street, Portland, ME 04102. Tel: 800-662-2221

MaineHealth is committed to better health for all people in the places we serve. We support programs and services aimed at not just making our patients healthier, but whole communities too. Psychology services can give people the tools to better understand and manage emotions and thoughts. Psychology services are for both adults and children. Services include diagnosis, testing, evaluations and counseling.

<https://mainehealth.org/>

- **Maine Vocational and Rehabilitation Associates, Inc.**

59 Preble Street, Portland, ME 04101. Tel: 207-774-4248

We believe there is a strong connection between success in work, community access, and a person's overall feeling of well-being and positive self-esteem. Our individualized approach seeks to empower a person to succeed and establish a personal level of independence. We offer vocational services, adult mental health services, trauma informed care, and more. <https://www.mainevocandrehab.com/index.html>

- **Many Moons Psychotherapy Services, Inc.**

4 Cottage Street, Freeport, ME 04032. Tel: 207- 504-2664

The expressive arts are creative materials and tools that allow an individual to communicate without talking. By using drawing, sculpture, music, poetry, puppetry, and sand trays, adults and children alike are offered a safe, non-judgmental opportunity to share their psychological and behavioral challenges. <http://manymoonstherapy.org/>

- **MAS Community Health**

21 Saco Street, Westbrook, ME 04092. Tel: 207-591-4457

MAS Community Health provides innovative behavioral health therapies and exceptional service by listening and adapting to the needs we see in the Maine communities we proudly serve. We provide the full range of our services in the Maine behavioral health community, in client homes, at schools, and at the MAS locations.

<https://mascommunityhealth.com/>

- **Mental Health Associates of Maine**

251 Woodford Street, Portland, ME 04103. Tel: 207-773-2828

Mental Health Associates of Maine is a multidisciplinary practice of psychiatrists, psychologists and social workers treating adults, adolescents, and children with a variety of mental health issues. All members have received extensive training to work with people who present with a variety of issues, ranging from: short-term solution based issues, depression, anxiety, relational issues, trauma, and personal growth.

<https://mentalhealthassociates.me/>

- **Milestone Recovery**

65 India Street, Portland, ME 04101. Tel: 207-775-4790

Our mission is to provide the best quality of services to empower individuals with behavioral health disorders to attain stability, dignity, recovery, and an enhanced quality of life. <http://milestone-recovery.org/>

- **Momentum**

1059 Meadow Road, Casco, ME 04015. Tel: 207-627-2267

643 Congress Street, Portland, ME 04101. Tel: 207-899-3525

21 Anglers Road, Windham, ME 04092. Tel: 207-893-0244

Momentum's mission is to partner with people in self-advocacy by valuing and respecting each person's talents and dreams. Momentum supports people with intellectual disabilities to build skills and self-esteem through the achievement of personal goals. <https://www.momentumme.com/>

- **Morrison Center**

60 Chamberlain Road, Scarborough, ME 04074. Tel: 207-883-6680

A private, non-profit organization, Morrison Center has empowered Maine residents of all ages and abilities for more than 60 years with world-class educational, training, and support services. <https://morrison-maine.org/>

- **New Communities, Inc.**

869 Main Street, Suite 600, Westbrook, ME 04092 Tel: 207-591-0751

Recovery can be overwhelming when you don't have access to a strong support system. At New Communities, we offer the support you may need to successfully live in the community; from simple household activities and personal care, to accessing the full range of community resources available to you. If you are seeking assistance, contact us and our team will determine whether you meet the eligibility requirements.

<https://newcommunitiesinc.org/>

- **Opportunity Alliance**

50 Lydia Lane, South Portland, ME 04106. Tel: 1-877-429-6884

**Crisis: 1-888-568-1112**

For 50 years, The Opportunity Alliance has provided advocacy, leadership, and support to help individuals, families, and communities identify goals and address their needs. Our programming includes – Family and Community Supports, Children and Youth Mental Health Services, Adult Mental Health Services, Crisis Intervention and Prevention, Early Childhood Education, and Community Initiatives.

<https://www.opportunityalliance.org/>

- **Pathways of Maine, Inc.**

62 Pegasus Street, Suite 200, Brunswick, ME 04011

Pathways is the largest provider of home-based behavioral health treatment services to children and families in Maine as well as the leader in providing evidence-based education and treatment services to children with Autism Spectrum Disorders. We are family-centered, strengths-based, solution focused, and outcome oriented. <http://www.pathwaysofmaine.com/>

- **Pine Tree Community Society**

222 Saint John Street, Suite 137, Portland, ME 04102. Tel: 207-443-3341

Helping our community by offering the residents of Maine, refugees, and immigrants the information and support they need to improve their lives or make new homes in this community and integrate them into our society as best they can.

<https://pinetreesociety.org/adults-and-families/community-support/>

- **Port Resources**

280 B Gannett Drive, South Portland, ME 04106. Tel: 207-828-0048

Port Resources, a nonprofit organization based in South Portland, supports people with developmental and behavioral health challenges to live meaningful lives in their communities. We work with adults and children who have a wide range of challenges, such as Autism, Down Syndrome, traumatic brain injuries, and mental health diagnoses. <https://www.portresources.org/>

- **PSL Services**

38 Darling Avenue, South Portland, ME 04106. Tel: 207-879-0847

We at PSL Services/STRIVE are committed to being part of the community and assisting people with emotional and intellectual disabilities to live with dignity and respect as active members of our community. <https://pslstrive.org/>

- **Resources for Resolving Violence, Inc.**

28 Marshview Drive, Freeport, ME 04032. Tel: 207-865-3111

Resources for Resolving Violence, Inc. provides specialized assessments, community, and home-based, direct clinical and social work services for children and families attempting to heal from the impact of violence and sexual aggression. We are licensed as a Mental Health Agency by the Maine Department of Health and Human Services.

<https://practiceselfregulation.com/rrv/>

- **Riding to the Top**

14 Lilac Drive, Windham, ME 04062. Tel: 207-892-2813

Enhancing health and wellness through equine assisted activities and therapies. We offer a variety of Equine Assisted Activities and Therapies (EAAT). For all of our programs, clients are assessed and goals are established to address the needs of each individual. Our team includes PATH Intl. Certified Instructors, specially trained volunteers, and our herd of exceptional horses. <https://www.ridingtothetop.org/>

- **SequelCare of Maine**

70 Bayview Street, Yarmouth, ME 04096. Tel: 207-847-2273

SequelCare of Maine is made up to two division, Home Health and Behavioral Health. Within our two divisions, we offer many services to children, adults, and families living with mental health, substance use, and medical needs.

<https://www.sequelcareofmaine.com/>

- **Shalom House**

106 Gilman Street, Portland, ME 04102. Tel: 207-874-1080

Shalom House helps hundreds of people with serious mental illness each year by

providing an array of community-based mental health services and a choice of affordable quality housing where people can escape the stress of homelessness, hunger, and isolation. <https://www.shalomhouseinc.org/>

• **Spring Harbor Hospital**

123 Andover Road, Westbrook, ME 04092. Tel: 207-761-2200

Spring Harbor Hospital, a division of Maine Behavioral Healthcare, is southern Maine's only private psychiatric treatment and recovery center. Our inpatient programs for youth and adults provide hope for those who suffer from a variety of mental illnesses and co-occurring disorders. You or your family member will need a referral from a psychiatrist, therapist or crisis team before coming to Spring Harbor Hospital. If you have any questions, please call 1-888-857-6644, ext 1.

<https://mainehealth.org/spring-harbor-hospital>

• **Spurwink Services**

901 Washington Avenue., Suite 100, Portland, ME 04103. Tel: 207-871-1200 We

go walk every step of the way with individuals affected by mental health challenges and developmental disabilities. Together we face our greatest challenges and deepest fears – journeying toward healthy, engaged lives in our communities. Program ShifaME provides case management and counseling services for refugee, asylee, and immigrant families. <https://spurwink.org/>

• **Sweetser**

329 Bath Road, Brunswick, ME 04011. Tel: 1-800-434-3000

**Mobile Crisis Intervention. Tel: 1-888-568-1112**

Nationally recognized and accredited, each year Sweetser's caring and compassionate professionals connect 20,000 children, adults, and family members with the mental health, recovery and education services they need and deserve in the treatment of mental illness. <https://www.sweetser.org/>

• **Top of the Hill Counseling**

142 High Street, Suite 416, Portland, ME 04101. Tel: 207-780-8999

We are able to provide confidential, compassionate and effective outpatient substance abuse therapy, alcohol counseling, and comprehensive addiction therapy to adults, adolescents, and affected family members in Southern Maine.

<http://www.topofthehill.me/>

• **Tri-County Mental Health Services**

32 N High Street, Suite 1, Bridgton, ME 04009. Tel: 1-888-304-4673

At Tri-County Mental Health Services, we offer a wide array of programs and services to



meet the needs of those seeking help and support to lead healthy, fulfilling lives regardless of their challenges. Across the communities we serve we decrease stigma, and increase community awareness, and promote diversity. <https://www.tcmhs.org/>

- **Volunteers of America, Northern New England**

14 Maine Street, Suite 100, Brunswick, ME 04011. Tel: 207-373-1140

Volunteers of America has supported and empowered America's most vulnerable groups, including at-risk youth, the frail elderly, men and women returning from prison, homeless individuals and families, people with disabilities, and those recovering from addictions.

<https://www.voanne.org/>

- **Woodfords Family Services**

15 Saunders Way, Suite. 900, Westbrook ME 04092. Tel: 207-878-9663

At Woodfords, our vision for all people with special needs is that they may maximize their potential, be appreciated, contributing members of their neighborhoods and communities, have positive, enriching relationships, live lives that are safe and secure, and lead lives allowing for choice. <https://www.woodfords.org/>

## SERVICES LISTED BY SPECIALTY AND FOCUS

Resources have multiple areas of focus; Others may offer more general assistance. Below you will find the resources that specialize in certain aspects of care – however, other resources may also address the specialties listed below.

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## ADDITIONAL RESOURCES

[www.211Maine.org](http://www.211Maine.org) - 211 is a free, confidential information and referral service that connects people of all ages across Maine to local services. Available 24/7

[www.CCSME.org](http://www.CCSME.org) - The Co-Occurring Collaborative Serving Maine advocates for best practices, encourages professional development, maximizes collaboration, and facilitates integrated health and behavioral health services.

[www.CDC.gov](http://www.CDC.gov) – Stay up to date and learn about public health topics from environmental health, to global health, and more.

[www.CSOAmaine.org](http://www.CSOAmaine.org) – Central Service Office of Alcoholics Anonymous. Find a meeting near you, or call the 24-hour hotline: 1-800-737-6237 or 207-774-4335

[www.Maine.gov/dhhs/mecdc/population-health/](http://www.Maine.gov/dhhs/mecdc/population-health/) – The division of disease prevention works across three focus areas to better the lives of all Maine people: children have a healthy start, healthy and safe living, and chronic disease prevention and control.

[www.MaineRecoveryFund.org](http://www.MaineRecoveryFund.org) – Our mission: To dignify supportive employment and to provide wraparound services for people in recovery from substance use disorder, re-entering from jail and prison, and for returning Veterans facing re-entry obstacles.

[www.NAMaine.org](http://www.NAMaine.org) – Maine Narcotics Anonymous is a fellowship of recovering drug addicts who have come together to solve their shared problem of addiction. Hotline: 1-800-974-0062

[www.NAMImaine.org](http://www.NAMImaine.org) – National Alliance on Mental Illness. NAMI offers support, education and advocacy for anyone with questions about mental health concerns. Maine Help Line: (800) 464-5767

[www.SAMHSA.gov](http://www.SAMHSA.gov) – Substance Abuse and Mental Health Services Administration. National Helpline: 800-662-HELP (4357). Treatment referral and information, 24/7

[www.TheQuitLink.com](http://www.TheQuitLink.com) – An online resource to support Maine residents to be tobacco-free and connect to the Maine Tobacco HelpLine. 1-800-207-1230

[www.ThroughTheseDoors.org](http://www.ThroughTheseDoors.org) - Working to end domestic violence in Cumberland County since 1977. Free, Confidential Helpline 24/7/365 – 1-800-537-6066

For an online directory of mental and behavioral health professionals in Cumberland District, please visit:

<https://www.psychologytoday.com/us/psychiatrists/me/cumberland-county>

Or: <https://www.goodtherapy.org/therapists/me/county/cumberland>

## IMPORTANT DISCLAIMER

This document does not serve as an endorsement of any provider or service. All details listed herein are subject to change. Individuals are encouraged to do their own research when selecting a care provider.

This document was prepared by employees of Maine CDC. The Maine Center for Disease Control and Prevention is not responsible for any injuries or loss in connection with anything mentioned in this reference guide.

Special thanks to Maine Prevention Services of Maine CDC and the Center for Tobacco Independence for sharing service provider directories.

Please contact the Cumberland District Public Health Liaison, Kristine, at [Kristine.L.Jenkins@maine.gov](mailto:Kristine.L.Jenkins@maine.gov) for any additions or edits.

**For an electronic version of this guide please visit:**

<https://www.maine.gov/dhhs/mecdc/public-health-systems/lphd/district2/council-main.shtml>