



# 2022 Student Resources

## Referral Information for Student and Employee Assistance

### Bangor Campus

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

## Wilton Campus

<p>MAS Community Health</p> <ul style="list-style-type: none"><li>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.</li></ul>	<p>284 Main St. Suite 210, Wilton, ME 04294 (P) 207-645-7070 <a href="http://mascommunityhealth.com">mascommunityhealth.com</a></p>
<p>Western Maine Community Action Program</p> <ul style="list-style-type: none"><li>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 &amp; Utilities, Cell Phone Assistance, Health&amp; Nutrition, and Housing Service</li></ul>	<p>20 Church St., East Wilton, ME 04234 (P) 207-645-3764 <a href="http://wmca.org">wmca.org</a></p>
<p>Safe Voices</p> <ul style="list-style-type: none"><li>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.</li></ul>	<p>200 Livermore Falls Rd., Farmington, ME 04938 (P) 207-778-6107 <a href="http://safevoices.org">safevoices.org</a> 24/7 Hotline 1-800-559-2927</p>
<p>Care and Share Food Closet</p> <ul style="list-style-type: none"><li>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.</li><li>Provides – a 4-5 day supply of food per household once a month.</li></ul>	<p>508 Fairbanks Rd., Farmington, ME 04938 (P) 207-778-0508 <a href="http://faemchurches.org/care-and-share-food-closet">faemchurches.org/care-and-share-food-closet</a></p>
<p>United Way of the Tir-Valley Area</p> <ul style="list-style-type: none"><li>United Way of the Tri-Valley Area seeks solutions to meet immediate basic human needs, and create long lasting positive change.</li></ul>	<p>218 Fairbanks Rd., Farmington, ME 04938 (P) 207-778-5048 <a href="http://uwtva.org">uwtva.org</a></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"> <li>• 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.</li> <li>• Services include: Housing, Emergency Shelters, Children &amp; Adolescents, and Adult Case Management</li> </ul>	<p>201 Knox St., Rumford, ME 04276 (P) 207-364-3551 <a href="http://rumfordgrouphomes.org">rumfordgrouphomes.org</a></p>
<p>211-Maine</p> <ul style="list-style-type: none"> <li>• Offers resources, helpline, and referral services for variety of Health and Human Services programs throughout the state.</li> </ul>	<p>(P) 2-1-1 <a href="http://211maine.org">211maine.org</a></p>
<p>Maine Behavioral Healthcare – Farmington</p> <ul style="list-style-type: none"> <li>• Provides case management services to the Farmington community as well as emergency department crisis assessment services at Franklin Memorial Hospital.</li> </ul>	<p>131 Franklin Health Commons #A, Farmington, ME 04938 (P) 207-779-2398 <a href="http://mainehealth.org/Maine-Behavioral-Healthcare/Hospitals-Locations/Farmington">mainehealth.org/Maine-Behavioral-Healthcare/Hospitals-Locations/Farmington</a></p>

### Self-Help and Informational Resources

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