

# Community Resource Guide

## ***Emergency Crisis Connections***

24 hours a day/7 days a week

<b>Hancock County Sheriff's Department</b> (Imminent danger call 911) .....	<b>667-7575</b>
<b>Northern New England Poison Center</b> <i>www.nnepc.org</i> .....	<b>(800) 222-1222</b>
<b>Suicide Prevention-Maine DHHS</b> (Mental Health Crisis Helpline) .....	<b>(888) 568-1112</b>
<b>National Runaway Safeline</b> .....	<b>(800) 786-2929</b>
(Youth in crisis, confidential, home-free service) .....	<i>www.1800runaway.org</i>
<b>Child Abuse and/or Neglect-DHHS</b> (Physical, sexual or emotional abuse) .....	<b>(800) 452-1999</b>
<b>Atlantic Sexual Assault-(AMHC)</b> <i>http://amhc.org</i> .....	<b>(800) 871-7741</b>
<b>The Next Step</b> (Domestic violence: legal advice, shelter, support groups).....	<b>(800) 315-5579</b>
(Services strictly confidential) .....	<i>www.nextstepdvproject.org</i>
<b>Spruce Run</b> (Support to victims (M or F) of partner violence) <i>www.sprucerun.net</i> .	<b>(800)863-9909</b>
<b>Elder Abuse-DHHS</b> (Adult protective services).....	<b>(800) 624-8404</b>

## ***General:***

<b>Washington Hancock Community Agency</b> (WHCA) .....	<b>664-2424</b>
(Transportation, LIHEAP, home repair, income tax, elder and veterans assistance) <i>www.whcacap.org</i>	

## ***Children/Family:***

<b>Child and Family Opportunities</b> .....	<b>(800) 834-4378</b>
(Childcare, food programs, parent resources) .....	<i>www.childandfamilyopp.org</i>
<b>Department of Health and Human Services</b> .....	<b>(800) 432-7823</b>
(Child abuse reporting, access all state programs) .....	<i>www.maine.gov/dhhs/</i>
<b>Maine Family Planning</b> .....	<b>667-5304</b>
(Maine Families free in-home parenting info and WIC services) .....	<i>www.mainefamilyplanning.org</i>

## ***Medical/Dental/Mental Health:***

<b>Blue Hill Memorial Hospital</b> <i>http://bhmh.org/</i> .....	<b>374-3400</b>
<b>Peninsula Free Health</b> (Screening, referrals, non-narcotic Rx assistance, ACA help) .....	<b>374-5585</b>
(Mon. 3-6pm, 26 Hinckley Ridge Road, Blue Hill) .....	<i>www.peninsulafreehealth.net/</i>
<b>Ellsworth Free Medical Clinic</b> (Immunizations, medication assistance) .....	<b>667-7953</b>
<b>Ellsworth Family Planning and Primary Care</b> <i>www.mainefamilyplanning.org</i> .....	<b>812-7030</b>
<b>Maine Coast Community Dental Clinic</b> .....	<b>667-0293</b>
<b>Community Health and Counseling Services</b> .....	<b>610-8016</b>
(Adult, child & family services: Home Health, Hospice, Mental Health) .....	<i>www.chcs-me.org</i>

## ***Local Resource Connections***

<b>Community Compass</b> (Free navigation of local resources) .....	<b>479-3076</b>
<b>Healthy Peninsula</b> .....	<b>374-3257</b>
(Community Health Resources and Planning) .....	<i>http://healthypeninsula.org/</i>

## ***Substance Abuse:***

<b>Open Door Recovery Center</b> (Substance abuse treatment, outpatient) .....	<b>667-3210</b>
<b>AA/NA/AI-Anon</b> (24 hour hotline) <i>www.downeastintergroup.org</i> .....	<b>479-1779</b>

## ***Elder Care/Hospice:***

<b>Eastern Area Agency on Aging</b> .....	<b>(800) 432-7812</b>
(Home care programs, caregiver support, referrals, meals, transportation) .....	<i>www.eaaa.org</i>
<b>Friends in Action</b> (Transportation, chores for elderly).....	<b>664-6016</b>
<b>Friendship Cottage/WHCA</b> (Adult Daycare Program, Caregiver Resource Center).....	<b>374-5612</b>
<b>At Home Downeast/WHCA</b> (Provides essential services to remain independent).....	<b>374-5852</b>
<b>Hancock County HomeCare &amp; Hospice</b> (Medicare, skilled homecare).....	<b>664-5170</b>
<b>Hospice Volunteers of Hancock County-</b> <i>www.hospiceofhancock.org</i> .....	<b>667-2531</b>

## ***Shelters:***

<b>H.O.M.E.</b> (Shelter, food pantry, work, education) <i>http://homecoop.net/</i> .....	<b>469-7961</b>
<b>Emmaus Homeless Shelter</b> (Shelter for families & individuals, food pantry) .....	<b>667-3962</b>
<b>Shaw House Teens Shelter</b> (Shelter & drop-in day program) <i>theshawhouse.org</i> .	<b>(866) 561-7429</b>

## ***Emergency Fuel/Electric Assistance:***

<b>Dolly Fisher Fund</b> (Blue Hill Peninsula / <i>bluehillcongregational.org</i> ).....	<b>412-8072</b>
(Firewood, oil, propane, electric, food vouchers: run by First Congregational Church of Blue Hill)	
<b>Friends for a Warmer Town</b> (Fuel, winterization: run by Brooklin Town Hall) .....	<b>359-8394</b>
<b>Surry Fuel Assistance Program</b> (Fuel: run by Surry Town Hall) .....	<b>667-5912</b>
<b>Island Heating Assistance Program</b> (Deer Isle-Stonington) .....	<b>348-6602</b>
(Fuel: run by Deer Isle Sunset Congregational Church)	
<b>THAW Fund</b> (Hancock County) .....	<b>664-2424</b>
(Fuel and electric: run by WHCA)	
<b>Low Income Legal Assistance:</b>	
<b>Pine Tree Legal Assistance-</b> <i>http://ptla.org/</i> .....	<b>942-8241</b>
<b>Legal Services for the Elderly-</b> <i>www.mainelse.org/</i> .....	<b>(800) 750-5353</b>

## ***Food/Clothing:***

<b>Tree of Life</b> <i>http://treeoflifefoodpantry.org/</i> .....	<b>374-2900</b>
(Food Pantry: Thu. 9am-3pm & Thrift Shop: Thu. 10am-5pm & Tue. / Sat. 10am-3pm) Blue Hill	
<b>Simmering Pot</b> .....	<b>374-2891</b>
(Free community meal, Mon. 2:30pm-6pm, except holidays) First Congregational Church of Blue Hill	
<b>Island Food Pantry</b> .....	<b>348-6181</b>
(Thurs. 5:30pm-7pm, closed 5 <sup>th</sup> Thurs.) 6 Memorial Lane, Stonington	
<b>*Don't see what you're looking for, call United Way Eastern Maine</b> .....	<b>211</b>

**For a more comprehensive Resource Guide:** *www.communityresourceguide.org*