

Behavioral Health Counseling Resources

The resources listed may have different processes for accepting and working through referrals. Make sure to call to learn about their specific referral process before visiting the office location listed.

Tri County Mental Health Services

Serves Androscoggin, Franklin, Oxford and Cumberland counties with other offices located in Lewiston, Oxford, Bridgton and Farmington

- Contact: 207-364-7981
- Location: 49 Congress St., Rumford

Oxford County Mental Health Services

Offers crisis response, residential care, community integration, DBT therapy, behavioral health homes and outpatient therapy

- Contact: 207-364-3549
- Location: 150 Congress St., Rumford

Food Resources

Some food pantries may have applications or surveys for folks to fill out prior to or at their first visit, or only serve residents from certain towns. Please reach out to any pantries before visiting to confirm their hours and availability, as well as any possible paperwork.

Old School Food Pantry

- Contact: 207-364-7408
- Location: 3 Recreational Dr., Mexico

Servant's Heart Food Pantry

- Contact: 207-562-7167
- Location: 98 Main St., Peru (located in the United Baptist Church of Peru)

Dixfield Food Pantry

- Contact: 207-562-7470 (located in the Dixfield Baptist Church)
- Location: 2 Chapel Rd., Dixfield

Housing Resources

These resources include Drop-in centers and shelters, short-term and long-term housing, and emergency housing. Some resources may offer more services and programs outside of housing, such as serving hot, nutritious meals, food pantry and clothing closet, and referrals.

Monier Family Center (Family Shelter)

- Contact: 207-364-3551
- Location: call for address

Norway Family Center (Family Shelter)

- Contact: 207-364-3551
- Location: call for address

Rumford Family Center (Family Shelter)

- Contact: 207-364-3551
- Location: call for address

Intimate Partner and Sexual Violence Resources

For immediate and emergent help, call the 24-hr helpline number listed. If you have questions about covered service area, program offerings, or anything else that is non-emergent, call the first number listed.

Safe Voices

Serves Franklin, Oxford and Androscoggin counties

- Contact: 207-369-0750 (Rumford) 207-743-5806 (South Paris), Helpline: 800-559-2927
- Location: Call for address

SAPARS

Serves Franklin, Oxford and Androscoggin counties, and also the communities of Bridgton and Harrison.

- Contact: 207-784-5272, Helpline: 800-871-7741
- Location: Call for address

General Assistance

The General Assistance Program assists residents, for a limited period of time, who are unable to provide basic necessities essential to maintain themselves and/or their families, like rent and food. It is available through most municipalities. Call your [local town office](#) to learn more and for information about applying.

Town of Dixfield

- Contact: 207-562-8151
- Location: 46 Main St., Dixfield

Town of Mexico

- Contact: 207-364-7971
- Location: 134 Main St., Mexico

Town of Peru

- Contact: 207-562-4627
- Location: 26 Main St., Peru

Town of Rumford

- Contact: 207-364-4576
- Location: 145 Congress St., Rumford

LGBTQ+ Resources

OUT Maine

Working to create more welcoming and affirming communities for Maine's diverse queer youth in all their intersectional identities by changing the very systems that serve them.

- Contact: 800-530-6997
- Location: Call for address

EqualityMaine

Their mission is to protect and advance full equality for all lesbian, gay, bisexual, transgender, and queer Mainers by creating an inclusive and intersectional movement through political action, community building, education, engagement and collaboration.

- Contact: 207-761-3732
- Location: 15 Casco St., Portland

Veteran Resources

Maine Veterans' Homes

- Contact: 207-743-6300
- Location: 477 High St., South Paris

Rumford VA Clinic

- Contact: 207-623-8411, ext. 3700
- Location: 10 Railroad St., Rumford