

Behavioral Health Counseling Resources

These links include collections of ways to find behavioral health providers and treatment, and individual organizations that provide services of their own. Different offices may have different processes for accepting and working through referrals. Once you have identified an office, call to learn about their specific referral process before visiting the office location listed.

[NAMI Maine Listings for Behavioral Health Providers](#)

To use this tool, click on the blue search button and search with keywords, by county, and/or by tags (ex: “counseling” or “substance use treatment”).

[NAMI Maine Helpline](#)

Available to help folks navigate the mental health system, learn how to best advocate for yourself, find a service or provider based on your need, location, insurance type, and income, offer resources about mental health and recovery, and more. 800-464-5767, press 1.

[Find Treatment](#)

A resource to help folks find treatment for mental health and substance use disorders.

[Wrap Agencies](#)

Services that may be available to meet urgent needs of adults with Severe and Persistent Mental Illness that cannot be met through the regular systems of care. To apply for Wrap, contact the Wrap agency by county.

[Behavioral Health Resources of Maine](#)

Provides psychiatric evaluation and medication management, outpatient mental health counseling, and outpatient substance use counseling through telemedicine to those in the state of Maine.

- Contact: 207-808-1384
- Location: 305 Commercial St., #305, Portland

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.

[Good Shepherd Food Bank Food Map](#)

Map of food pantries across the state that partner with Good Shepherd Food Bank.

[Maine State Food Assistance Programs](#)

Information for food resources in the state, like the Supplemental Nutrition Assistance Program (SNAP), Women, Infants & Children (WIC) Program, the Commodity Supplemental Food Program (CSFP), Temporary Assistance for Needy Families (TANF), and the Maine Harvest Bucks Program.

[Food Assistance Programs by County](#)

A list maintained by the Maine Department of Agriculture, Conservation & Forestry.

Housing Resources

There are different types of housing and shelter resources, including drop-in centers, short-term and long-term housing, and emergency housing. Different resources may have varying in-house programs available. Some may serve hot meals daily or regularly, have a food pantry or clothing closet, technical assistance for applying for jobs, education, and referrals and support.

[Emergency Shelters Listing](#)

A list maintained and updated by the Maine State Housing Authority that includes shelters across the state, broken down by county.

[Statewide Shelter Listings on 211](#)

Visit the 211 website and plug in “housing” for the “area of need”, and “I need shelter” for the “specific need”. You can just hit search to view all options in the state, or enter in your zip code to find places nearby.

[ShelterApp](#)

An app available on the Apple store and Google Play store, as well as on a desktop. The ShelterApp connects people in need to services including housing, food, health and other resources.

LGBTQ+ Resources

Maine TransNet

Maine Transgender Network, Inc. is an organization dedicated to educating the public about gender identity and raising awareness of the varied forms of gender expression. They provide resources to the trans community of Maine, as well as consultation, education, and trainings to social service/mental health professionals and interested others.

- Contact: info@mainetransnet.org
- Location: 511 Congress St., Portland

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. **SAGE** is a program of EqualityMaine that is designed to support and advocate on the behalf of Maine's older LGBTQ+ community.

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

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.

You can look up the contact information for your local town/city hall [here](#).

- Contact: 800-442-6003, if you are unable to reach your local General Assistance office

Maine Community Action Partnership

MeCAP is a statewide organization dedicated to improving the quality of life of Mainers. There are region-specific Community Action Agencies across the state that offer a variety of services including childcare, employment training, housing and home assistance, nutrition, behavioral health resources, health care navigation and more.

Veteran Resources

Bureau of Maine Veterans' Services

To use this tool, select specific resources on the left and select the county from the drop-down menu and press "submit", and the map will automatically populate based on your selections. Click on each icon on the map for more information about that resource. Or you can view all resources as a table, or as a PDF that is downloadable and printable.

Preble Street

The Veteran Housing Service (VHS) with Preble Street is a statewide program to assist low-income veterans and their families to find and maintain stable housing.

- Contact: 207-956-6556, Referral line: 800-377-5709
- Location: offices in Portland, Lewiston and Bangor

Older Adults

Maine Area Agencies on Aging

There are 5 Area Agencies on Aging in Maine that cover different parts of the state. They are designed as the main access point for information and assistance for older and disabled adults to be healthy, engaged, and supported within their communities.

- [Aroostook Area](#): 207-764-3396
- [Eastern Area](#): 207-941-2865
- [Southern Maine Area](#): 207-396-6500
- [SeniorsPlus](#): 207-795-4010
- [Spectrum Generations](#): 207-622-9212

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 that is non-emergent, call the first number listed.

Maine Coalition to End Domestic Violence

- Contact: 207-430-8334;
Helpline: 866-834-4357

Maine Coalition Against Sexual Assault

- Contact: 207-626-0034;
Helpline: 800-871-7741

Immigrant Resource Center of Maine

- Contact: 207-753-0061