Emergency 24 hours a day, 7 days week

Local police emergency…………………………………….911
Poison Control………………………………………1-800-222-1222
Maine Crisis Hotline……………………………1-888-568-1112
Domestic Violence……………………………1-866-343-4357
National Suicide Prevention Lifeline…………1-800-273-8255
Veterans Suicide Hotline…………………1-800-273-8255
Sexual Assault Crisis Support Center…………………1-800-871-7741
Child Abuse & Neglect…………………………1-800-452-1999
Elder Abuse & Neglect…………………………1-800-624-8404

Medical Care

Inland Hospital (emergency room)
Waterville…………………………………………………861-3200
Maine General Medical Center (emergency room)
Waterville………………………………………………872-1300
Augusta…………………………………………………626-1000
Redington-Fairview Hospital (emergency room)
Skowhegan………………………………………………474-5121
Maine General Express Care (walk-in care)
Waterville………………………………………………877-3450
Augusta………………………………………………821-9511
SVH Family Care (walk-in care)
Clinton………………………………………………426-0976
Pittsfield………………………………………………487-5154

Prescription Assistance

MedAccess………………………………………………1-877-275-1787
NeedyMeds………………………………………………1-800-503-6897

Updated 1/2019

Housing

Kennebec County

Betsy Ann Ross House of Hope
Women Veterans & their children
Augusta…………………………………………………………358-8491 or 557-2509
Bread of Life Ministries Homeless Shelter
Augusta…………………………………………………………626-3479
Mid-Maine Homeless Shelter
Waterville……………………………………………………………872-8082
Veterans Housing Services-Veterans and families
Augusta…………………………………………………………1-800-377-5709
Augusta Housing Authority…………………………………626-2357
Waterville Housing Authority…………………………………873-2155

Somerset County

New Hope Shelter—Women and children
Solon……………………………………………………………399-3348
Trinity Shelter—Men
Skowhegan………………………………………………………399-7538

National Call Center for Homeless Veterans
Available 24/7…………………………………………………1-877-424-3838
Kennebec Behavioral Health (BRAP)
Somerset and Kennebec…………………………………873-2136
PATH Project at Kennebec Behavioral Health
Literal homelessness, severe mental illness, and/or co-occurring severe mental illness and substance use disorder
Kennebec & Somerset counties…………………………873-2136
Maine Housing
Somerset and Kennebec…………………………………1-800-452-4668

Rent Assistance

General Assistance (your local town office
Salvation Army
Serves Augusta, Chelsea, Sidney, Hallowell,
Winslow and Waterville………………………………………………623-3752
Emergency Assistance
DHHS………………………………………………………….1-855-797-4357

Clothing & Personal Items

Kennebec County

Belgrade Bible Church Clothes Closet
1st Tuesday, following Saturday 9-11am
Belgrade……………………………………………………………495-2200
Bridging the Gap: Addie’s Attic & Basic Essentials
Tuesdays & Thursdays 10am-2pm,
1st & 3rd Saturday 10am-noon
Augusta……………………………………………………………248-1782
Dot’s Closet
2nd & 3rd Thursday, 1-3pm
Oakland…………………………………………………………465-5259
Open Arms Pregnancy Center
Monday—Friday 2pm – 5pm
Augusta……………………………………………………………620-1600
Salvation Army
Serves Augusta, Chelsea, Sidney, Hallowell,
Winslow and Waterville………………………………………………623-3752
Waterville Essentials Closet
First Congregational Church—Last 2 weeks of month:
Monday 9-7pm, Wednesday & Friday 9-11am
Waterville……………………………………………………………872-8976

Somerset County

Adventist Community Services
Monday 10am-2pm, Wednesday 1-3:30pm
Norridgewock………………………………………………………634-2578
Community Clothes Closet
2nd & 4th Tuesday 6-7p, Wednesday 9am-12pm
Skowhegan…………………………………………………………474-3915
Lamb’s Clothes Closet
Fairfield First Baptist Church
Tuesday 9-10:45am & Wednesday 4:30-6pm
Skowhegan…………………………………………………………453-0170
Pennywise First Congregational Church
Tuesday – Friday 9am-3pm, Saturday 10am-3pm
Pittsfield……………………………………………………………487-4760
**Food Resources**

### North Monmouth
- **North Monmouth Food Pantry**
  - Tuesday, 11 am – noon & 5:30 – 6:30 pm
  - 933-2040

### Oakland
- **Oakland Food Pantry**
  - Thursday, 4 – 6 pm
  - 465-7357
- **Oakland Soup & Sandwich**
  - Thursday, 4 – 5:30 pm
  - 465-7828

### Randolph
- **Janice’s Food Pantry**
  - Sunday & Weds, noon-1 pm
  - 582-5283

### Sidney
- **Sidney Community Food Pantry**
  - Second Baptist Church, 2nd & 4th Wednesday
  - 9am – noon & 5 – 7 pm
  - 805-6362

### South Gardiner
- **South Gardiner Baptist Church Food Pantry**
  - Food Pantry (call for appointment)
  - 582-3751

### Vassalboro
- **Vassalboro Food Station**
  - Thursday, 11 am
  - 873-7375

### Waterville—see separate resource guide

### Windsor
- **Windsor Food Pantry**
  - 1st & 3rd Thursday, 6 – 8 pm
  - 577-1851

### Winslow
- **St. John’s Food Pantry St. John’s Church (basement)**
  - 3rd Wednesday, 10:30am-12:30pm
  - 680-6422

### Winthrop
- **Winthrop Food Pantry**
  - Thursday, 1:30 pm
  - 688-2111
- **Winthrop Hot Meal Kitchen**
  - Monday - Thursday, 9am-1pm
  - 377-8404

### Anson
- **Center Point Community Church, Food Pantry**
  - Tuesday, 10 am – noon
  - 696-8188

### Bingham
- **St. Peter’s Church Thrift Store & Food Cupboard**
  - 1st & 3rd Weds, 10 am – 1 pm
  - 474-2039

### Canaan
- **Canaan Community Food Cupboard**
  - 1st & 3rd Monday, 1 – 3 pm
  - 474-5408

### Cornville
- **Cornville/Athens Food Cupboard**
  - 2nd Saturday, 9 – 11 am
  - 776-3257

### Detroit
- **River Run Church of the Nazarene Soup Kitchen**
  - One Friday evening per month
  - (call for specific date/time)
  - 487-5517

### Fairfield
- **Fairfield Interfaith Food Pantry**
  - 1st & 3rd Thursday, 9am – noon
  - 509-9972

### Harmony
- **Harmony Cares Food Program**
  - 1st & 3rd Saturday, 9 – 11 am
  - 249-1676

### Hartland
- **Tri-Town Food Cupboard**
  - Wednesday, 9:30am – 11:30am
  - 938-2244

### Jackman
- **Jackman Food Cupboard**
  - 3rd Wednesday, 1 – 2 pm
  - 688-2111

### Madison
- **People Who Care Food Cupboard**
  - Wednesday, 9am – noon
  - 696-3971

### Norridgwock
- **Norridgwock Community Food Cupboard**
  - 1st & 3rd Tuesday, 9 – 11 am
  - 634-4116

### Anson
- **Center Point Community Church, Food Pantry**
  - Tuesday, 10 am – noon
  - 696-8188

### Bingham
- **St. Peter’s Church Thrift Store & Food Cupboard**
  - 1st & 3rd Weds, 10 am – 1 pm
  - 474-2039

### Canaan
- **Canaan Community Food Cupboard**
  - 1st & 3rd Monday, 1 – 3 pm
  - 474-5408

### Cornville
- **Cornville/Athens Food Cupboard**
  - 2nd Saturday, 9 – 11 am
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### Detroit
- **River Run Church of the Nazarene Soup Kitchen**
  - One Friday evening per month
  - (call for specific date/time)
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### Fairfield
- **Fairfield Interfaith Food Pantry**
  - 1st & 3rd Thursday, 9am – noon
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### Harmony
- **Harmony Cares Food Program**
  - 1st & 3rd Saturday, 9 – 11 am
  - 249-1676

### Hartland
- **Tri-Town Food Cupboard**
  - Wednesday, 9:30am – 11:30am
  - 938-2244

### Jackman
- **Jackman Food Cupboard**
  - 3rd Wednesday, 1 – 2 pm
  - 688-2111

### Madison
- **People Who Care Food Cupboard**
  - Wednesday, 9am – noon
  - 696-3971

### Norridgwock
- **Norridgwock Community Food Cupboard**
  - 1st & 3rd Tuesday, 9 – 11 am
  - 634-4116

### Albia
- **Loaves and Fishes, Albia Food Pantry**
  - 1st & 3rd Thursday, 9 – 11 am
  - 437-2732

### Augusta
- **Augusta Food Bank**
  - Monday – Thursday, 12:30 – 2:30 pm & Tuesday 5 – 7 pm
  - 622-5225
- **Salvation Army Food Bank**
  - open Tuesday - Friday
  - 9am - noon, 12:30 - 4 pm
  - 623-3752
- **Bread of Life Ministries Soup Kitchen**
  - Monday-Saturday, 11am-12:30pm
  - 626-3434

### Belgrade
- **Belgrade Rome Special Needs Food Pantry**
  - Tuesday, 9 – 11 am
  - 495-2022

### Clinton
- **Clinton Community Food Bank**
  - 2nd & 4th Tuesday, 4:30-5:30 pm
  - 880-6222

### Fayette
- **Fayette Baptist Church Pantry**
  - Thursday, 3 – 5 pm
  - 885-9492

### Gardiner
- **Faith Food Pantry, (Faith Christian Church)**
  - 1st, 2nd, 3rd, 5th Friday, noon – 2:30 pm
  - 582-5432
- **Chrysalis Place/Gardiner Food Bank**
  - Tuesday 6-8pm, Thurs 1-3pm
  - 582-5507

### Monmouth
- **Monmouth United Church Food Pantry**
  - Thursday, noon
  - 933-2931

### Mount Vernon
- **First Baptist Church Food Bank (call as needed)**
  - Saturday, 10am-noon
  - 293-2141

### Kennebec County

### Skowhegan
- **Skowhegan Community Food Cupboard**
  - Monday, Wednesday, Friday 10-11am
  - 474-9249
- **Trinity Evangelical Free Church Soup Kitchen**
  - Monday-Friday 11:45am -12:15pm, 4:45-5:15pm
  - Saturday 11:45am -12:15pm, 7-8pm
  - Sunday noon-1pm, 4:45-5:15pm
  - 474-8833

### Smithfield
- **Smithfield Food Pantry**
  - Call for appointment
  - 362-4772

### Solon
- **Solon Thrift Store & Food Cupboard**
  - 2nd & 4th Thursday & Friday, 9 – 11 am and 12:30-2:30 pm
  - 643-2855

### Starks
- **Starks Food Cupboard**
  - 1st & 3rd Wednesday, 10am-noon
  - 696-4337

### Women Infants and Children — WIC
- **HealthReach Network, Augusta**
  - 626-6350
- **Hathaway Building, Waterville**
  - 861-3580
  - 165 North Ave, Skowhegan
  - 474-7463

### Supplemental Nutrition Assistance Program (SNAP)
- **DHHS-Augusta**
  - 624-8074
- **DHHS-Skowhegan**
  - 474-8888