

Transportation

The Lynx, Penquis CAP,
207-973-3695

BAT Community Connector
207-992-4670

Senior Services

Rosscare
207-973-7094

Eastern Area Agency on Aging
1-800-432-7812

LiveSAFE (emergency response service)
207-973-7080

**Telecare (daily phone reassurance in
greater Bangor area)**
207-973-7094

Financial Assistance

Penquis CAP
Bangor - 207-973-3500
Fuel Assistance - 207-973-3630
Utilities Discount - 207-973-3630
Dover-Foxcroft - 207-564-7116

Waldo CAP
207-338-6809

Bangor General Assistance
207-992-4530
Emergency/After-Hours: 207-947-7384

Low Cost Drugs for the Elderly
1-866-796-2463

General Assistance

**Bangor Health and Community
Services Department**
Immunization Clinic, General Assistance
207-992-4530

Hotlines

Maine Statewide Crisis Hotline
1-888-568-1112

Statewide Alanon
1-800-498-1844

Poison Control Center
1-800-442-6305

Domestic Violence
1-800-834-4357

Spruce Run
1-800-863-9909

Sexual Assault Support
1-800-871-7741

Elder Abuse
1-800-624-8404

2-1-1 Maine, Inc.
Dial 211
Out of State call 1-877-463-6207

Health Resource Information

Acadia Hospital
207-973-6100

Maine Tobacco Helpline
1-800-207-1230

Alcoholics Anonymous
1-800-737-6237

National Alliance for the Mentally Ill
1-800-464-5767

**Office of Substance Abuse Information
& Resource Center**
1-800-499-0027